

# Grass Roots

Craft and self-sufficiency

For down to earth people

AUST \$4.25

Australian and  
New Zealand Edition

Registered by  
Australia Post  
Publication No. VACO 405

ISSN 0310-2890

No. 91

JUNE/JULY 1992

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Low Income  
Living

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Earthworms

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Easy Patchwork

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Fencing Hints

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Composting  
Toilets

•  
Growing Taro

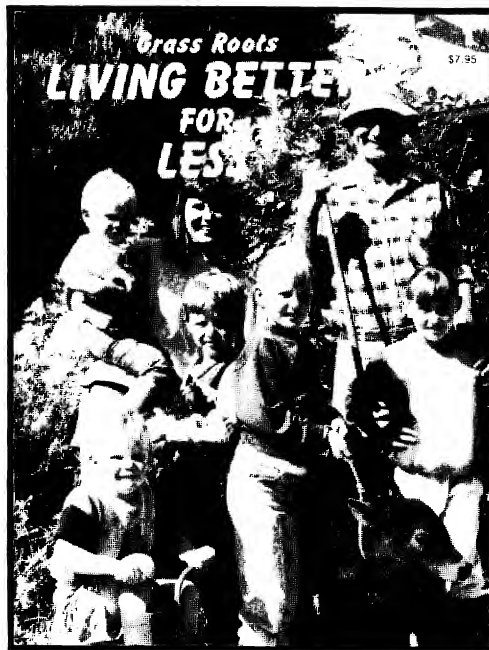




# LIVING BETTER FOR LESS

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Front Cover: Michel and Jude Fanton of the Seed Savers Network, Byron Bay, examining seed amidst a range of traditional varieties of vegetables. Not only is the Network important ideologically but it is a genetic bank for many of our early varieties of useful plants. Turn to page 39 for more on the need to conserve our traditional garden plants.

Back Cover: Earthworms – a simple and economical answer to re-establishing our suffering soil. More than 25 billion tonnes of topsoil is lost around the world in erosion each year, making it critical that we start protecting this precious resource. Do earthworms offer a possible solution? Read about earthworms and their application to the farm and garden on pages 14-17.

Distributed by Gordon and Gotch.

# Feedback Link-Up Feedback

## Dear GR Readers,

In reply to Carol and family, GR 88, and anyone else interested in making their own cordial. I have found this to be an easy and very nice LEMON CORDIAL. I started making it 3 years ago and have not bought cordial since, it also makes lovely icy poles for the kids.

Juice 8 lemons, rind 6 lemons, 1 oz Epsom salts, 1 oz citrus acid, 2 oz tartaric acid, 2 kg sugar, 1.8 lt (3 pt) boiling water.

Combine all ingredients, pour on boiling water stir until sugar dissolves, cover and stand overnight. Makes 3 1/2-4 litres.

**Helen Pepper**  
Shelbourne, VIA MALDON 3463.

## Dear GR Readers,

I am writing in the hope that someone out there might be able to help my husband and I. We have recently bought 40 acres in the Wondai area (Qld). There is no electricity and water will be from a future dam (yet to be put in). Our problem - we have never lived WITHOUT ELECTRICITY OR TOWN WATER. How do we do it? We thought of solar and wood burning, but really have no idea. If you have any ideas or experiences that you think may help us with our household and garden please let me know. I am also interested in dry toilets and alternative ways of pumping water from our future dam. Hope someone can enlighten us.

**Leanne MacGillivray**  
25 Willaura Drive, MS 282, COOMINYA 4311.

## Dear Grass Roots Folk,

In issue No 88 there were a couple of requests for information which may be of general interest to others.

Regarding Advanced Life Foods which Gayle asked about, these products are not available from retailers. They are sent by mail, in sturdy cartons, direct to the customer's door. Sales depend on word-of-mouth recommendation by present customers, who sponsor the new customers. Once registered with the firm, orders can be placed



Edited by Megg Miller and Mary Horsfall.

Published by Night Owl Publishers Pty Ltd, Box 242, EUROA 3666.  
Advertising enquiries ph: 057-947-256.

Grass Roots is produced for those who wish to regain control over their lifestyle by exploring the alternatives to modern mass consumption. Whether you've just started out or you're an old hand, why not share your experience and knowledge with other readers of Grass Roots. All contributions of articles and photos are welcome.

Cover design and artwork by Ian Boyd.

The publishers and staff of *Grass Roots* take great care in selecting and verifying all material that appears in the magazine, but do not necessarily share the views expressed in letters and articles, nor do they accept responsibility for the accuracy of statements made by the many contributors.

Printed by Westernport Printing P/L, 44 Station St, Koo-wee-rup 3981.  
Ph: 059-971-888.

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by mail or by toll-free phone call and delivery to any part of Australia normally follows within a few days. Foods are all low fat, low salt, low cholesterol, and high in fibre. There is an attractive range of drinks, bread mixes, meat substitutes and alternative sweets. They are easy to prepare and tasty as well.

In order to be eligible to get these products, it is necessary to be sponsored by a present customer, but this isn't generally a problem. Find someone locally who is using the products and ask them to sponsor you. If you don't know any present customers, you could write or phone me for any further details.

A number of families are interested in HOME SCHOOLING their children, but don't know where to start. I can't think of anyone better able to give advice than: Frank and Valerie Maret, PO Box 237, Werribee 3030. Ph: 03-741-1490. They have taught all of their 6 children at home, have developed a wide range of material to help others, they bring out a home schooling magazine and organize periodic picnic/conferences for home schooling families. If you're thinking of home schooling, a call or a letter to them could well be the best move you could make.

**Joe Stevenson**  
25 Lambourn Rd, WATSONIA 3087.  
Ph: 03-435-2896.

## Dear Grass Roots & Friends,

After perusing the Gumnut Gossip I am now making a conscious effort to write a little neater. The classic was when my last letter published said F Rowse. Also this issue a letter from Jillaroo 'Jindarra Springs' asked F Rowse for some taro plants. Yes, well obviously someone thought the lousy 'L' was an 'F'. I stand reprimanded and hang my head in shame. I will from now on put Linley as well. Thanks. You can be commended on another excellent publication.

I lost my brother who was only 57 years old, he died in his sleep from a blood clot. I am finding it very difficult to cope with this. My wonderful family all chipped in so I could go to NZ to the funeral. I couldn't ever repay them as Gordon and I were close. In September I also lost one of my best friends, so 1991 was not a great year for me. However I am so aware there are so many worse off than us.

We haven't managed to sell our house so we have it up for auction on the 14th December (1991). I pray we get a buyer and a reasonable price to enable us to clear our debts and move closer to Brisbane without a mortgage.

Yes I will be taking my taro with me and I will write as soon as we have a suitable place. I also have a lot of penpals and answer all letters. If anyone wants to write this address will find us as I will put in a 6 month re-direction order at the post office. Take care all, and try to plant even a few trees every year. No matter how little we all plant every one counts.

**Linley Rowse**  
CMB Cordalba, CHILDERS 4660.

## Dear People

I would appreciate someone explaining to me the advantages and disadvantages of using CELLOPHANE rather than plastic, as a packaging material. (e.g. for health bars, chip packets, etc). I believe that cellophane is much better for the natural environment. How do you distinguish between cellophane and a plastic? (By sight, feel etc).

**Tess Lawes**  
79 Carlisle St, LEICHHARDT 2040.

## Dear GR Readers,

Re Deborah Davies' request for NATURAL SHAMPOO (GR 89). Well, Deborah, here is a recipe I have taken from *Herbs for Healing* by Margaret Roberts. It is reputed to alleviate eczema and other skin complaints.

Pick a potful of SOAPWORT (roots, leaves and flowers), chop, cover with water and boil for 15 minutes. Leave to cool. Makes a soapy, green lotion. Store in fridge. Use as a shampoo or dab on problem areas. I have not been able to obtain the herb, soapwort, so I can't vouch for its effectiveness. If anyone knows where I could get it I would be pleased (preferably seeds).

**Shelley**  
18 Conifer Close, YARRAWONGA 3730.



# Feedback Link-Up Feedback

## Dear Grass Roots,

I found some land at an affordable price in the region of MT BARKER, WA. The lot is approx 4 acres, previously used for sheep pasture. Now I can indulge my desire to practise permaculture/organic gardening in my retirement. Visited Perth Royal Show and found a Park Home which suited my needs. Then took a brochure complete with colour photo of PH to shire offices for building inspector's opinion. Message stated – 'no way'. Doubtful even for caravan park. 'Must conform to building code of Australia', whatever that is. Further enquiries revealed a 2-bed, new, transportable home, which was a display home, now selling for reduced price, but of course unfurnished and more expensive than the Park Home. Home and site plans submitted to BI, to be discussed at next council meeting. Result – building must be at least 10 m from side boundary and 20 m from road boundary. But shire in process of instituting a minimum size for dwelling (70 m<sup>2</sup>). Area of 'chalet' 51.8<sup>2</sup>. Finally shire agreed to accept this home with the addition of a verandah across the front, but only because home was constructed prior to minimum size proposal, and also rule not yet in force!

My tale of woe is not yet ended. Home cannot be inhabited until SECWA has connected power, and of course drains tested. Power supply may be connected in 4 months if they can contact other owners. Of course, I want to live in my own home and start to layout gardens, small livestock pens etc as soon as possible, so asked if inspector would approve use of a small lighting plant, on a temporary basis, for home lighting and pump only. No! If temporary use agreed users seldom get power connected, and anyway plants are noisy and would annoy neighbours.

Power connection was requested in Oct (91) and there are no neighbours within a mile, also lot sizes are all 4 & 5 acres, should other owners build. So now I have to store my effects, board out pets, while I stay with friends 320 kms away from my property, indefinitely.

It is so frustrating to actually own good land in an attractive part of the country near the Stirling Ranges and Porongurup National Parks, 83 km north of Albany (WA) and have to wait so long before the bureaucracy decides one's home is habitable.

If anyone is interested there are still a few 4 and 5 acre lots available under \$12,500. In the past the Mt Barker region was famous for its apples, more recently local wineries have been awarded many trophies, and an old apple packing shed is used for drying and packing wildflowers of the region. I hope that next time I write I shall be 'in situ' and immersed in planting and sowing. The reaping will be long finished before I get there, I fear.

J K Trevanion

C/- 22 Redcliffe St, E CANNINGTON 6107.

## Dear GRs,

We are interested in making HOMEMADE SAUSAGE, fresh and smoked, with beef, pork, or venison. Anyone have recipes to share?

Chuck & Peg d'Entremont  
Meadow Winds Farm, 331 Rt.103  
YORK Me. 03909 USA.

## Dear Megg, Mary & Co,

Greetings once again from The Land of the Long White cloud. Your distributors here are not doing a good job, but after much searching I finally found GR number 87. As usual, there is a good deal of useful material; unfortunately, there is also some potentially harmful material.

On page 5, Billy Ford states that black walnut 'cures' (his word) HERPES SIMPLEX. This is simply not true. There is, as yet, no known cure for these diseases. (Incidentally, both the oral and genital forms are varieties of *H simplex*. Chicken Pox and Shingles are caused by *H zoster*.) The use of black walnut may be homeopathic in origin as in some individuals (previously infected but perhaps symptom-free), eating walnuts can stimulate an outbreak of the characteristic *H simplex* oral lesions.

*H simplex* often goes into spontaneous remission or dormancy for weeks, months, or years. Someone who has used black walnut and experienced no symptoms for some time may think that he or she is cured of the disease. That is not the case, and that person could

subsequently infect someone else. I, for one, do not want to become infected with *H simplex* by someone who has been misled into thinking that she no longer carries the virus.

If you have ever been infected with the *H simplex* virus, you still carry it in your body. Please do not subject others to the risk of infection without informing them that you are infected – even if you think you have been cured by using black walnut.

Now that I have that plea and grizzle out of the way, I might offer another brief grizzle. I take issue (mildly) with M & J Petrie's (also page 5) assertion that 'industrial waste does not belong in any populated area.' I'm not so sure, that may be just where it belongs. After all the people in the populated areas are the ones who produced the waste in the first place. The whole idea that there are such things as 'uninhabited desert regions of Australia' seems a bit racist.

R & D Pavy (p 8) might want to consider catalpas for their 'fast growing shade trees'.

Laine Gibson (p 10) would probably enjoy reading Kathy Kahn's wonderful collection *Hillbilly Women*. I think there is also a book in existence called *Pioneer Women* (but, now that I think of it, I think it's a book of photographs). In any case, I wish Laine Gibson well in the project and look forward to the forthcoming book.

Incidentally (reminded by Geoff Holland on p 54), I have never noticed any mention of AMATEUR RADIO in the pages of GR. Ham radio is a wonderful means of communication, around the district or around the world, and is particularly good for people in remote rural areas. Young people (say, 9 or 10 through 17 or 18) benefit especially, because amateur radio opens a window on the world for them. For several years, a Canadian ham wrote a regular column on 'alternative' ham radio for TMEN in North America. Geoff Holland's article reminded me of the topic because there are several maritime mobile networks which enable radio amateurs on yachts to keep in touch with each other and with friends back home.

Is W Tyler (p 81) aware that Tom Paine was considered a dangerous subversive in his own lifetime by the British government? A lovely Irish hornpipe called 'The Rights of Man' was dedicated to Thomas Paine. I have been told (but have not confirmed) that anyone heard whistling the tune in late 19th Century Britain was likely to be arrested and imprisoned.

Bob Jones

PO Box 173, TURANGI NZ.

## Dear GR Readers,

I'd like to hear from anyone who has started a SUPPORT GROUP. Want to know how to start one. Also will the children of Margaret Emily and Keith Gardiner please write to me as I'm tracing the Mansfield family tree.

Joy A Marshall

Duck Creek Rd, OLD BONALBO 2470.

## Dear Grass Roots,

We have been long term readers of *Grass Roots* and especially like seeing all those letters from other readers. It is both inspiring and reassuring to see that there are so many people who have beliefs and a love of nature similar to our own.

We have had a PEACE AND ENVIRONMENT GROUP operating here in Concord for many years. Although urbanites we feel a distinct bond for the countryside and all nature. Sometimes we wonder whether our efforts really have any effect. We sometimes feel that the movement for peace, justice and environment is not big enough to affect real changes. But how to start a bigger rise in ethics for the common good of all? How to start a bigger or more wholistic movement? No government will ever do it. In fact the members of the world's 'Security Council' are equally the world's largest arms traders. If no government will begin fundamental change it must come from individual initiative. And what is so inspiring about *Grass Roots* magazine is that it is jam-packed with tales of individual hope and initiatives. May all your dreams come true, GR readers, and if you would like to write us please do.

The Concord, Burwood & District  
Peace & Environment Group  
PO Box 214, CONCORD 2137.

# Feedback Link-Up Feedback

## Hello People,

Being an urban dweller with a wish to build in mud brick, plant gardens and live quietly outside the technocentric world, I find myself in a Catch-22 situation. Entering an alternative lifestyle in Australia requires the capital of the technocentric world. Land has to be bought and an income of sorts continued until the alternative life is fully established. For me to get the capital required I would have to work in the technocentric world of architecture until adequate capital accumulated. In this instance I would need to use my knowledge and abilities in circumstances which are incompatible with my world view. Being unemployed is an even greater trap in suburbia. An alternative lifestyle of technocentric invisibility would be ideal for me and for the government as they would no longer have to pay me. But getting into that lifestyle is impossible from this position.

So I'm looking to cut out the conflict and sell my knowledge in my own manner and the manner which the futurists suggest. I'm an ARCHITECT and can build, design or advise on many things. Perhaps someone out there has a need for my knowledge. And if knowledge is my currency, almost anything can be given in exchange. A small share of land, a pile of building materials, motorcycle spares even. Contact me at the address provided by mail or phone if such an exchange interests you.

**Andrew Mark Randall**  
12 Belair Ave, CARINGBAH 2229.  
Ph: 02-523-6143.

## Dear GRs and Juanita,

Hi, my name is Judy Clark (GR 79) and we live a lifestyle free from all mod cons, electricity etc, so to do my WASHING IN THE COPPER (boiler) I have found that most detergents break down when boiling and don't clean very well. I discovered that what lasts and gives a brilliant wash is pure soap grated up plus washing soda. The amount is determined by trial and error and how dirty the clothes are. I usually find if it froths up really well when stirred it does the job OK. Pure soap rinses out easier and leaves the clothes smelling fresh.

For the dishes, also use the PURE SOAP. Either rub it on a cloth until the desired froth is reached or find a 'soap saver'. The old ones were made from metal but I have seen plastic ones in hardware stores. In case you don't know what a 'soap saver' is, it is a square mesh box, hinged, with a long handle. You just put a cake of soap in the container, close it, and swish it about in the water. It was called a 'soap saver' because the minutest amount of soap could still be used. These were hung over the sink and small bits of soap from the bathroom and laundry were relegated to the kitchen soap saver. Also wear rubber gloves, I don't know how the soda will affect you.

Sorry I can't help you on the quantities to make a dirt/dung floor but a mixture of linseed oil and turps or pure linseed oil can be used to waterproof the floor and polish it. It is usually used on mud bricks to protect them from the weather. The more the oil is used over the years the better the shine due to oil build-up in the earth.

My grandmother lived for years in dirt floor, slab huts or tents. She would smooth the floor area, either raked or swept, then cover the floor with opened out hessian bags and then water the bags. With constant sweeping and watering to keep the dust down, the floor set hard and would develop a shine. If a bag rotted or wore through, it was easy to replace with another. Once an EARTH FLOOR has set hard, it will become polished eventually from constant sweeping.

**Judy Clark**  
Lot 1, O'Dwyer Rd, LAIDLEY 4341.

## Dear Megg & Gang,

What I'm writing about today is, I'm after a place to ESCAPE to just for an odd week here and there. I'm a 33 year old married woman with a 12 year old son, who is a lovely, well mannered boy. Sometimes he would come with me, sometimes I would be by myself. I'm happily married, but sometimes we all need our space and I would love some female companionship, someone to talk girl talk with. It would only be for a couple of times a year, and maybe we could form a growing friendship. I haven't much money, but I could buy my own groceries, share the cooking and other jobs. I need peace and quiet, but I also need a friend. Everyone needs a place to get away to. I have only got

the back yard. I am in the Goulburn Valley area and really don't want to travel too far, but would consider all offers. So anyone out there who would like a bit of girl talk with a bit of wine, write to me.

**Skye**  
C/- 5 Camp St, MOOROOPNA 3629.

## Dear Megg,

I have a white, kid LEATHER APRON which has gone discoloured while stored away, probably from sweaty hands over the years. At one time you could have them cleaned but the cleaning fluid has been banned from use. Could a reader offer a solution to my problem?

**Ray Curtis**  
PO Box 263, NARROGIN 6312.

## Dear GR Readers,

We have just purchased our dream property and are planning to build in MUD BRICK. We would love to hear from anyone who has already had the pleasure and would like to share their experiences and suggestions as we are starting from scratch.

**Krys & Peter**  
30 Stonehaven Rd, STANWELL TOPS 2508.

## Dear Readers,

In reply to Carole and Brenton (GR 88) I make HOMEMADE CORDIAL out of whatever fruit I have surplus of at the time. Usually lemons and oranges in winter, berries and plums in summer.

For lemons, simply squeeze some lemons, make a sugar syrup by pouring boiling water onto white sugar to dissolve it, and add this to the lemon juice. Add more water to taste. Trial and error will tell you how much sugar you like.

For berries etc, simmer the washed fruit for about 15 minutes in enough water to cover. Strain the liquid, add sugar to taste, more water and boil another 15 minutes. Strain again and pour into a glass bottle.

Neither of these recipes will keep for long out of the fridge, however I only make about a week's supply at a time. I make the children alternate their cordial with water and for treats or guests it can be dressed up with lemonade, or mineral water, ice blocks (you can freeze the cordial mixture for delicious ice blocks too), sprigs of mint and slices of lemon.

Isn't it funny what prompts one to write. We have been readers of GR since the early days, but this is my first letter. We moved onto our place in the Adelaide Hills in 1981, lived in a small caravan for 18 months while we built our little house, and now have the makings of a piece of paradise here, with thousands of fruit and nut trees and flowering plants even though the house isn't finished and we keep adding children before rooms to put them in! If anyone wants practical info on anything from home-birthing, through permaculture to house building I will be happy to reply to SAEs with our hard learnt tips.

**Nel Hearn**  
C/- PO, INGLEWOOD 5133.

## Dear Grass Roots,

I have been a reader since 1975 and really enjoy your magazine. I was wondering if any readers out there have any feedback on GAS GENERATORS. I just want to use 12 or 6 volt lights and believe there is one on the market. I would be grateful for any information.

**Lee**  
Sunset Farm, BUNGONIA HEIGHTS 2580.

## Dear GR Readers,

Are there any people out there who are interested in COLLECTING GUMNUTS? I would love to collect some from every species of eucalyptus in Australia and be able to identify them. I would be happy to trade some from this area, or any other interesting seed pods, or to pay postage for same.

I'm involved in a lovely big property on the Cape here and eventually will move there to live. My interest in farming revolves around PERMACULTURE. Is there anyone out there who has had success with this method in the hot tropics? I'm waiting on some books by Bill Mollison who I believe is Australia's authority.

**Judy Pacey**  
14 Kooloo Crt, WEIPA 4874.



# Feedback Link-Up Feedback

## Dear Pioneers,

Help! I only need a large miracle! Somewhere I can move to, on acreage, with preferably two dwellings, any condition, for not only us two, but my mother and brother.

No, Mum isn't 'old and feeble', she's an excellent cottage gardener and between her and my brother they also grow vegetables, fruit and herbs but they have to move from the suburbs of Sydney as they've been having serious neighbour problems.

I have had experience caretaking large properties, feeding and caring for animals, good housekeeper and cook, excellent driver and my prayers for rain do work!

Jason has experience with driving a tractor, fencing, feeding cattle, mechanics on tractors and chainsaws, gardener and handyman.

Three of us are Christians and we all lead quiet lives. We like to read, garden and look after animals mostly. Could anyone who knows of any place that may suit us and be available for us please let us know? Thank you.

**Juanita Ellis**

133 Glen William Rd, CLARENCE TOWN 2321.

## Dear GR People,

Is there anyone who could tell me how to build a SELF-SUFFICIENT HOME and explain all about it to me? Also anyone who has ideas about recycled water who can explain how it works to me. All answered, please write.

**Annie Wigzell**

C/- PO Box 668, PORT ADELAIDE 5015.

## Hi to All,

Many thanks to Tracy-Ann Tosner for the Companion Plant list we greatly appreciate it.

To Richard Tompson regarding a circular veggie and herb garden, there is a really good article in *Permaculture International Journal* issue No 41. If you can't get hold of it drop me a line and I'll copy it for you.

To Ann Wellmen, Eden Seeds have a lot of great non-hybrid seeds: 21A Sandy Creek Rd, Gympie 4570.

To the lady who wants to know about soaking and WASHING NAPPIES, I soak them in vinegar, about two capfuls of vinegar (white) in the nappy bucket and I wash the nappies with grated Sunlight or Preservene soap and washing soda. I put about a heaped tablespoon full of grated soap to 2 heaped tablespoons of washing soda into a bucket of hot water to dissolve before adding it into the machine. This amount does all our clothes first, then I pull them out and put them in the tub while I wash the nappies. When that's finished washing I throw the clothes back in and rinse everything together. It costs about \$3.20 per month to wash for a family of five, with minimal waste of water and power, not to mention much more friendly to our wonderful environment. Regarding baby names, a great book is *The Great Aust & NZ Book of Baby Names* by Cecily Dynes.

Can anyone help me with a soap recipe which does not contain animal fats or caustic soda? Does anyone know where to get Luffa seed from?

**Dianne R**

9 Skyline Place, BONNY HILLS 2445.

## Dear Grass Roots People,

Here is a cure for those unfortunate to have PROSTATE GLAND TROUBLE, since there is a 40% death rate for those who have the operation after the first two years. (They have almost no resistance to influenza and lung infections. Statistics taken from the Mayo Clinic in the USA). So try this first. First off have a one hour stomach massage from a qualified masseur. Then go to your health store and buy a packet of pepetis (kernal from pumpkin seeds) which contain zinc. Dosage is one teaspoon three times a day, chewed well before swallowing.

Follow up exercises are a must. Your sex organs (prostate gland) hang off the pelvic basin and this must be firmed up by this exercise. Take a deep breath and let it all out by pursing your lips together and blowing in short, sudden gusts until you are gasping. Then do not take a breath until you do this exercise: Lift your stomach high up into your ribcage and roll it in a half circle to the left, the right, and left

and right until you really need a breath. Drop stomach then breathe in. In men the prostate gland is actually getting stretched. Women try this exercise, in time, it can eliminate discharge (with proper diet).

After a few minutes to get your breathing restored to normal, repeat this exercise 5-6 times. As a bonus, if you take a cup of hot water or tea afterwards, you should have an easy bowel movement within five minutes. Do this exercise three times a day. Also, when you urinate, make water for only a few seconds then hold it, hold it, hold it, for ten seconds and then let go and hold it again. Take a prolonged few minutes every time you urinate and you won't be troubled by a dripping penis. To ensure that you will never be plagued by this complaint again, do this new exercise daily until a full cure is evident:

Take a smooth rope and tie it to a solid support at a swimming pool then tie it around your own waist. Then get into the water and do backstroke, using mostly leg movements until physically tired. Each day you will spend longer and longer in the pool. Incidentally, this exercise helps those suffering from piles. Piles sufferers should also take the mineral salt cal fluor in prescribed dosage.

Secure the rope at least three feet high or your legs will get a rope rash. A good friend used to go to a chiropractor twice a week, then tried the backstroke therapy in the water, has never gone to a chiropractor since. If all council pools would cater for this therapy (at little expense) more people would use them. Maybe a canvas belt and a padded belt or rope, with music by Max Bygraves, at certain times, or with water aerobics classes.

**The Witness.**

## Dear Grass Roots Readers,

My wife (Robyn) and myself (David) have been reading *Grass Roots* for over ten years now and have been really impressed with the articles in the magazine. Reading about other people's successes and failures has been very enlightening. Like the rest of you people we can't wait till our issue is delivered in the post and then settling down to read it. Most of the time I like reading the magazine in bed before I go to sleep. Sometimes Robyn gets hold of *Grass Roots* before I do and then I don't get to see it for a couple of days. Letters to Feedback are the highlight. Fellow reader's ideas, problems, queries, answers to letters and recipes really make *Grass Roots* a family magazine.

Robyn was born and bred on a farm in the Gunnedah district so she can really relate to most of the articles in the magazine. I, being city bred and raised, sometimes have trouble coming to grips with some of the farm talk, like trying to remember the different types of ducks, raising chickens, looking after goats and other farm chores can be very unnerving to a city slicker.

Well, the crunch came about three years ago. It happened on a holiday up in Queensland. While we were holidaying in this glorious state Robyn decided that it was about time we moved out of the rat race up into Queensland. 'Well', I thought. 'My poor wife has finally flipped her lid. The sun has finally cooked her brain.' The rest of the holiday we spent looking around at various properties for sale and we finally settled for a place in SE Queensland. Then the penny dropped. What was I doing and what was I getting myself into? Reading about farm life in bed in the city is fine and cosy, but here I was standing on this property actually going to buy it. Who has flipped his lid now?

To cut a long story short, we bought the property, but have not actually moved there as yet. Our daughter and son-in-law are looking after it for us until we can tie up a few loose ends here in Sydney before making the big move. In the meantime the back issues of GR that I have are really getting a pawing over so that I will at least know the difference between a duck and a drake.

Robyn and myself both love MANGOS and I have been reading with great interest the articles about mangos. So I decided to try to grow a few from seed, just as an experiment to see how it would go. I have dried out a few seeds, but as I was cutting the husk off some of the seeds these small beetle like insects were crawling out of the dried seed. Could some kind reader inform me what kind of beetle this is and also how long you have to dry these seeds out before planting and the best time to plant?

**David & Robyn Fraser**  
PO Box 55, BEROWRA 2081.

# Feedback Link-Up Feedback

**Dear GR Readers,**

Just a small note with a big thank-you to all the people who wrote to me with regard to my letter in GR 88. A thank-you also to the people who rang me with information about available houses and land, and to the handful of men who wrote with offers of companionship. Unfortunately, I am not looking for a companion at this time. I have been offered a great opportunity with my sister to buy into her land. I am in the process of writing to everyone I heard from. I was very happy to receive your letters and wish you well in your endeavours. A belated thank-you to Ed and Patricia for sending the plans of their land at Taylor's Arm, around mid '91.

**V Chalmers**

**1 Stringbark Pl, ALBION PARK RAIL 2527.**

**Dear Grass Roots Friends,**

I have been buying this magazine for many years and have often found it to give me incentive. I extend my sincere appreciation to those who have shared knowledge.

I would like to correspond with anyone with an interest in FOLK MUSIC AND DANCE, of any country, including mediaeval. Also, I'd like to know how I can learn the WELSH LANGUAGE and history. I will correspond with anyone of rural interest also.

**Elizabeth Boag**

**PO Box 605, WANGARATTA 3677.**

**Dear GR Folk,**

I've never written before even though I've been an avid reader for many years and have always thoroughly enjoyed all aspects of the magazine, especially Feedback Link-Up. I write now because I could really do with some friendly feedback and advice. After working hard for the environment from our own backyard and developing our skills in organic vegetable gardening, composting, recycling and companion planting, my husband Peter and I decided that we'd never be truly content with back yard gardening and semi-suburban living. As we were unemployed with very little prospect of gaining employment, we decided to sell everything we owned and buy a good tent and camping gear to live in for 12 months or so, travelling to seasonal picking areas, living cheaply and saving all our money for that piece of land we wanted to call our own. We read all the articles, bought many books, maps and guides, spent precious hours poring over all the amassed information and preparing our two little girls, Molly three and Hannah one and a half, for what we believed would be an experience of a lifetime. We primed the Kombi till it looked and felt good, loaded up and we were on our way. We opted for a small camping ground about 30 kilometres away and set up to stay for a short while. As we were driving the last of the pegs into the ground, it started to sprinkle rain - rain that over the next four days continued to get heavier and heavier until becoming torrential. Even though our tent had remained watertight, by 4 A.M. on the fourth day we could see that the nearby creek was rising quickly and we requested a caravan for the night. We bundled the girls and all our possessions into the Kombi and made our way to the van. Pete went back to the tent an hour later to pull it down and already it was a foot under water. We realised then that the situation was serious but not how bad it was going to get. At 2 A.M. the following morning we woke to muffled shouts outside and sat up to see the van fridge floating across the floor in two feet of water. We quickly bundled up our girls and waded out into waist-deep water, past exploding power boxes and floating debris, in the search for higher ground. We were evacuated at around 4 A.M. by the police and so began several days of general confusion, much tiredness and great sadness especially when we went back to the camping ground to see our tent in shreds and everything inside the Kombi totally ruined by fetid creek water. The Kombi had gone completely under. We lost everything - our clothes, the kids' toys, books, all our camping gear, bedding - you name it. Thanks to the State Emergency Services and the Department of Housing we were helped into a two bedroom flat, given beds and blankets and some much needed caring and kindness. All of this occurred two months ago now and we're slowly rebuilding our lives and regaining some of the material possessions we lost. Shattered dreams are harder to repair though and we're not sure where to go from here. Suddenly, with only a concrete parking lot as a back yard, we appreciate what we used to

have in our small suburban vegetable garden. So do any of you good people out there have any suggestions or ideas on how we can forge ahead and not lose grip on our dreams? Peter's a keen gardener and could tackle just about anything thrown his way if anyone out there has a job that needs doing. Also readers, do you know of anyone I can contact in regard to viewing my original designs which are appropriate to be printed on just about anything. I would like to start MY OWN DESIGN BUSINESS and would appreciate any suggestions you could offer. I promise to reply to any letters received. Thanks.

**Stephanie Haranis**

**2/53 Pacific Highway, OURIMBAH 2258.**

**Dear GR and Readers,**

Does anyone know how to GET RID OF GECKOS, or at least stop them from making a mess? I don't want to kill them but hopefully someone out there knows how life is with droppings everywhere, in my tea, my shoulder, on the bed covers. Please help as we would appreciate it immensely.

Also is there a book that covers fruits such as lychees, mangos, paw paws, avocado and the like by using environmentally friendly products?

My mum's RELIEF POTION FOR ARTHRITIS, she is 75 years of age and is an avid lawn bowls player: One whole lemon untouched, drop into (approx 500 ml) jam jar then fill with methylated spirits and screw the lid on. Leave for one week and it is ready to use, dab on affected areas with cotton wool. The lemon is not cut up or touched at all, just use the metho/juice.

If I may send a cheerio to the people who put me on to GR many years ago, g'day Becky and Josephine Montgomery Smith.

**Geoff Philp**

**PO Box 156, AIRLIE BEACH 4812.**

*Try the following books from your library: 'Fruit for Australia Gardens', by Paul Baxter; 'Tropical and Subtropical Gardening', by H Oakman; 'Fruit Growing in Warm Climates', by Pax Lindsay & Brian Cull.*

**Dear GR Readers,**

In 1981 I saw Robert (Bob or Rob) McLean for the last time and would dearly love to find him again. He would probably still be living in Perth or has done until recent years, and was originally from Lismore, NSW. Bob, if you're reading this or you know him please contact me soon.

**Lynne Reynolds (nee Cockcroft)**

**37 Ryans Rd, COONGULLA 3860.**

**Dear Grass Roots Readers,**

My partner and I are alternative thinkers, currently working towards an alternative lifestyle. We live in Freemantle, but have permacultured our little patch of earth as a learning experience. I am an artist, drawing and painting a personal mythology. Digant is into Reiki, healing and massage. We are both lovers of many kinds of music, into meditation, vegetarian, love the sea and the bush. We have purchased an old Mercedes bus and spend much of our time at the moment painting, filling and sanding. When it is ready we will be leaving the city and drifting wherever the mood takes us. The reason for this letter is to CONNECT WITH PEOPLE around Australia who may enjoy a visit, a chat, to share some time, on our travels.

Our vision is to meet some down-to-earth people who may share some ideas with us about building mud brick, rammed earth homes, permaculture, alternative energy. We intend buying some land either before or during our travels where we can build a home and permaculture the land.

It is encouraging to see so many people coming back to the land who are tired of the plastic and competitive rat race of the cities. We feel strongly about the earth and its spiritual connection with us and all humans. It is a relief to pick up GR magazine and find kindred spirits. We would love to hear from anyone who wishes to write. We respect our privacy and space and that of others and do not wish to live in anyone's pocket - just to share a common interest that may enrich us all. We will reply to all letters.

**Michelle and Digant**

**PO Box 5, FREMANTLE 6160.**



# Feedback Link-Up Feedback

**Dear Megg and GRs,**

To 'Camp Cook' regarding CRACKED SKIN on hands. Many years ago I had the same problem. This is what you do: Buy a tube of lanolin cream (a byproduct of sheep wool grease) and a jar of 'Skin Repair' cream, both can be bought from chemists. During the day, after finished with washing, etc, dry hands well, rub a good amount of the lanolin into the skin. You may have to do this 5-6 times a day. At night, before retiring rub Skin Repair into the skin well, if possible, wear cotton gloves in bed for the first 7-10 days. After this, regular nightly rubbing your hands with lanolin (no cotton gloves necessary) should keep your skin well. Use rubber gloves where possible. Use 3-4 pairs at a time. Wash them, turn them inside out and hang them in shade to dry. Before putting them on, put some talcum powder on your hands for ease of slipping on the gloves.

To everybody with small children: INOCULATE OR NOT TO INOCULATE. Having studied naturopathy, shiatsu, acupuncture for many years, I have also asked my expert friends and they *all* agree. Also some years ago, I received a letter from Professor Katsusuke Serizawa of the University of Tokyo, who is not only an expert on orthodox medicine, but a pioneering guru of Oriental Therapy, and its correlation to Western medicine. The good professor most strongly underlined the superiority of Western medicine with regard to infectious diseases. These days, many parents take it upon themselves not to vaccinate their children. But have you seen what can happen to poor unfortunate children who contracted any of the half a dozen illnesses, or grown men contracting mumps? In making a decision, it is absolutely required that the person making the decision is well learned and experienced in the topics, for each time they decide they assign to themselves the title of experts. And who will pay the price? 'I am sorry', won't be of much use. The sooner they legislate for compulsory vaccination the better. I will enter into argumentative correspondence with anyone. I do not wish to convince. I simply wish to help those, of whatever persuasion, who can hear and who love their children. Do what your conscience dictates.

John Miko  
C/- PO, EAST GOODNA 4300.

**Dear Readers,**

I am interested in learning more about Wiccans. Can anyone be of assistance in recommending books or willing to share their experiences and knowledge as a WICCAN? Only those with goodness in the heart need reply.

S Laidlaw  
7 Hill St, SADDLEWORTH 5413.

**Dear GR People,**

I had to write a quick note to thank you for my copy of *Living Better For Less* which arrived yesterday. Congratulations on compiling such a useful and inspiring collection of articles, hints and money-saving projects. I am sure it will help many people who are struggling through these hard times. I thought you would be amused to know that even my husband (who seems to suffer from a permanent allergy to the kitchen) wanted to know where all the crumpet ingredients (p 32) were kept so he can have a go at making them. I await the results, hoping that he is just as inspired by the kitchen cleaning hints.

Rosetta Berry  
PARK ORCHARDS 3114.

**Dear Grass Roots People,**

We have a beautiful little blonde haired, 17 months old baby girl who has recently been diagnosed as EPILEPTIC. She only has it mildly at present but is deteriorating rapidly. We have tried any natural approach we can find, so far to no avail. She is now on drug treatment in desperation to slow its progress - still no help. If anyone can advise us where to seek treatment we would be so very, very grateful.

L M Mitchell  
43 Tamworth Rd, KILSYTH 3137.

**Dear Friends,**

Dan & Loz asked for information on overland TRAVEL WITH CHILDREN in Asia (Feb 92).

Before they or you go on your overland trip, please get a copy of *Travelling with Children to Indonesia & South-East Asia* by Tina

Pentes and Adrienne Truelove, published by Hale & Iremonger. There are some other books on the subject too, I noticed in our local bookshop. This is such a sensible and useful book I feel it should be compulsory reading for anyone taking children to Asia. Quite apart from that, it has a comprehensive first aid chapter and list.

Your Commonwealth Health Department in Brisbane will be able to give you up-to-date information on preventative medicine as well as vaccinations and medication. We've found them really helpful. With resistant malaria rearing its ugly head in many areas a mosquito net is going to be very important, especially for children, in relation to malaria and dengue fever. We are convinced that eating yoghurt regularly enabled us to avoid tummy bugs.

Our family lived in Indonesia (Ujung Pandang, South Sulawesi) for two years and we found the book had really pointed out some of the difficulties, but also some of the highlights of living there and got us to think about these before we went, so we were more aware when we finally got there. The children (four teenagers) now have some idea of how other people live, they've learnt another language, and are more open to other cultures and experiences.

Sieneke Martin  
317 Lenah Valley Rd, LENA VALLEY 7008.

**Dear Readers,**

In reply to R K Neal, GR 88 re your Godchild's itch. Give ROSKIN SKIN REPAIR a try. We have had fantastic results with this product. My husband had an itch for nine years and one application of Skin Repair cured it and he has not had it since. Supermarkets sell it for \$4.15. Chemists sell for \$8 odd. Good luck.

Mrs M Meredith  
Grang Retirement Village  
143 Gimbents Rd, MORISSET 2264.

**Dear Grass Roots,**

Thank you for helping us track down a friend from Northern Territory whom we haven't seen for eight years, via your Link-Up pages. Another friend told us that she bought a copy of GR in Tasmania and saw the letter from Gayle Tuddenham wanting to contact us, so a letter is on the way and we await her reply!

I am writing to ask if any GR readers are willing to BARTER A HOLIDAY.

We own a small home on the central coast of NSW which we use as a weekend retreat. It's in a peaceful bush setting, adjacent to Bouddi National Park so there are beautiful walks nearby, lots of secluded little beaches and an abundance of native birds and animals. We'd love to exchange a week's holiday with a couple who live on an organic farm, within a 5 hour drive of Sydney preferably. We have two children aged 4 years and 6 months, who love the outdoor life and would really enjoy a week in the country. Hoping this arrangement will appeal to a GR reader out there.

Does anyone have a foolproof recipe for MULBERRY JAM? We have two mulberry trees in the garden and I'm always looking for ways of using the fruit, apart from syrup, freezing and pies!

Also, we have some chooks who unfortunately had to be locked in a small run after causing devastation in our vegetable patch! To compensate for their not being free-range I'm feeding them greens daily, but I'd like more information on useful herbs to feed them to keep them healthy.

Mary & Gordon Fell  
15 Kent St, GLENBROOK 2773.

**Dear Megg,**

I am writing to make contact with people in the ALBANY/DENMARK AREA who are interested in organic gardening and/or permaculture.

As I am a learner I would greatly welcome the opportunity to exchange ideas. I am planning moving to Albany this year after 3 years in the city. It's time to get back to the quiet of country life. I am also a vegetarian and really interested in nutrition, so if anyone would like to drop me a line I would love to hear from you.

Lindi George  
51 Redfern St, NTH PERTH 6006.

# Feedback Link-Up Feedback

## Dear WA Readers,

Oh how I love and look forward to my GR every second month! But I would like to put forward an idea of mine. I believe we (West Aussies) need something extra. How would you all feel about having our own quarterly or bi-monthly magazine specifically designed to meet the needs of WA DOWN-TO-EARTHERS?

We could include much sought after information on products, services and resources and feel much more in touch with each other and what's happening around us.

I would like to include topics such as craft and self-sufficiency, livestock care, gardening, home engineering, alternative housing, energy and education and all the other things that are important to our lifestyle. Maybe even local environmental issues. At this stage we think distribution will be either by subscription or through the local specialty shops i.e. craft outlets, health food shops, ecological shops, rather than through the big distributors who supply the newsagencies.

Please write with ideas, topic preferences, and if you know the names of some of the specialty shops in your area please let me know so that we can approach them about possible distribution.

**Jodie Colet**  
26, Morris St, ALBANY 6330.

## Dear GR People,

I have recently moved to this area from a small property near Narrogin, and would like to meet some folk up this way who are like-minded. Recently, I bought 40 acres north of Toodyay, and would like to build a mud brick home for myself and two young daughters.

For the last five years now, I have been gardening organically, breeding dairy goats, learning all I can about self-sufficiency and building, and generally appreciating the country lifestyle.

In late June, I will be running a SELF-SUFFICIENCY WORKSHOP weekend, trying to cover most areas of interest to people of the GR philosophy. I will be bringing together many lecturers at as low a cost as possible, hopefully to provide a much-needed insight to people starting out on this kind of lifestyle.

Last October, I invited readers to list themselves with me so I could put together a SELF-SUFFICIENCY DIRECTORY of goods and services, particularly in WA. Unfortunately, the response was not as I'd hoped, but I would like to thank the people who did send me details of their organisations and businesses. (Perhaps one day!)

If you wish to know more about the WEEKEND WORKSHOP (to be held in Northam) or perhaps if you'd just like to write to me, I would enjoy making contact with GR people in the area. As a sole parent, I find it easy to get caught up in work and school commitments, and although I enjoy being really busy, it would be good to relax now and then with real GR people. Here's hoping!

**Trish Mitchell**  
PO Box 141, NORTHAM 6401.

## Dear Grass Roots & All GR Readers,

Thank you all so much for the hours and hours of wonderful reading. There is not another magazine like it.

I have a question at this time and do hope some of you may be able to help me. Does anyone know anybody who MINES CRYSTALS, or do any of you GR readers mine crystals? If so could you please reply with any relevant information to Kara Vonn, PO Box 663, Maroochydore 4558.

Now I may be able to help with a lovely MOISTURISER, that you can use on your face or body. It's so easy to make: Sorbolene base or lanolin, almond oil, glycerine, witch hazel, perfume if desired. Mix together till very light, this will make a huge amount and last a long time. If you are bothered by insects add a couple of drops of eucalyptus. Use your discretion when mixing and mix parts at a time. I have been using this recipe for several months. It's cheap and lovely to use. I find the sorbolene base is a lighter touch.

**K Vonn**  
PO Box 663, MAROOCHYDORE 4558.

## Dear GR Readers,

Could any readers give us some practical information about life with SOLAR POWER AND YOUNG CHILDREN. We plan to build a conventional kit home late in 1992 and would rather spend the money

a link to the grid system would cost on a solar set-up. Also what sort of washing machine can be used with solar power? I heard somewhere that lack of water pressure caused a problem with some machines. Any information or tips would be greatly appreciated.

**C Roffey**  
47 Bethania St, LOTA 4179.

## Dear GRs,

Two letters in GR 90 need clarification. Joanna of Gulgong refers to using LUGOLS SOLUTION if you are feeling cold. I have used this form of inorganic iodine, where indicated, for animals for many years, recognising that it is very dangerous in the wrong dose. Signs of iodine deficiency exactly mimic signs of iodine excess – the latter far more dangerous than the deficiency which is bad enough. Since the advent of kelp products for both animals and humans the need for Lugols has been far less. It is safer to get one's iodine from seaweed where it is in organic form. Even then after taking tablets daily for a year or two the requirement is usually fully met and once or twice a week will do thereafter. Feeling the cold badly can be due to a number of factors, anaemia very often – common in Australia where trace elements like copper (needed to assimilate iron which is oversupplied) is lacking, again kelp often supplies what is needed. But a lack of calcium and magnesium can be another factor, all soils in Australia are generally lacking in both, so therefore is our food. Calcium and magnesium need vitamins A & D and boron to be fully effective, cod-liver oil supplies the A & D (remember Hypol?) and the boron is found in kelp. The dosage of Lugols solution suggested in the letter is too high for a goat weighing the same as a human being; 2-3 drops *per week* is enough for bad deficiency cases in ruminants and they need more than monogastrics like humans, not less.

The next letter that I found mystifying was from M Burke, Dirranbandi, on PSORIASIS. The foods to take and avoid seem to have got rather mixed up. Sufferers from this unfortunate ailment have found that going on a good diet and taking the basic minerals and vitamins has cleared up the condition quite quickly. However tea and coffee (both of which contain caffeine) fizzy drinks (I'd rather not think what most of them contain), margarine, beer (unless homemade), gelatine, rum, sugar (particularly), syrup and whisky are *not* good. A good diet containing lots of (preferably organically grown) vegies, minimum of meat and no refined or junk foods, as well as vitamins and minerals to replace those missing in our diets, will go a long way to clearing up a variety of so-called serious conditions – see an article I wrote in GR 22 if any of you go back that far!

**Pat Coleby**  
RMB 1365, THOONA 3726.

## Dear GR Readers,

I am a 17 year old uni student who lives with her family in suburban Townsville north Queensland. I am interested in STARTING A GARDEN (from scratch!) that won't take too much time to maintain. I'd love to grow herbs and native trees. I am also interested in hearing from anyone who has lived, worked or studied in India or Sri Lanka.

Does anyone know of a cheap and safe and peaceful place where I could holiday alone. (I wouldn't mind working or volunteering)?

Also does any GR reader know of a natural recipe for hair spray (without animal ingredients) and a cleanser for oily skin that can be kept out of the fridge?

Finally, what tactics should I use to encourage my family to recycle? Signs, boxes and labelled bags all go unnoticed. I hope my letter has encouraged the next generation of GR people to write.

**R Preston**  
5 Anne St, TOWNSVILLE 4814.

## Dear GR Readers,

Have just had the pleasure of reading some back copies of *Grass Roots*. My husband and I have some land west of Gin Gin. We have been planting different fruit trees to find which is best suited to our area. We were particularly interested in the article in GR 85 'Backyard Nut Growing'. Our land seems ideal for PISTACHIOS but to date we cannot find a supplier. Can anyone help?

**Flo Croucher**  
PO Box 184, GIN GIN 4671.



# Feedback Link-Up Feedback

Dear Readers,

While visiting Katoomba in January I came across an informative book, *How Safe is Our Food?* 1991. It is written by the Australian Consumers Association and published along with Random House Australia. The book is extremely well written and focuses on a wide range of issues pertinent to people with an interest in CLEAN FOODS.

Another book I'd like to recommend is William Lines', *Taming the Great South Land*, 1991 (published by Allen & Unwin). Lines skillfully outlines the exploitation of Australia's resources since colonisation. A good read if you want to convince people of the need for more sensitive agricultural, mining and fishing practices.

I would be interested in meeting other Canberra *Grass Roots* readers.

**Edwina Robinson**  
Tidbinbella Nature Reserve  
RMB 141, VIA THARWA 2620.

Dear Grass Roots People,

We (Hans and Keeley) are a couple of animal-loving, beer-brewing, paintbrush-wielding vegetarians living in a rented weatherboard house on 40 acres in Nar Nar Goon, Victoria. Our city friends jokingly refer to our 'hippy lifestyle', but are only too happy to spend a weekend in the 'fresh air' and to partake of our homemade bread, pasta, and of course, the beer!

We are expecting our first child in late May '92. The totally unplanned and unexpected pregnancy nonetheless thrills us to bits. I've been reading heaps and naturally everyone has their handy advice and knowledge to pass on - all conflicting - and so, like everything else, I guess the best way to learn about being a parent is by experience.

In 1989 (our last holiday) we travelled to northern NSW and found a 100 acre property at a place called Drake. We fell in love with it and are now attempting to pay it off despite many difficulties including job changes and resulting decreases in income. By being very frugal indeed we have managed to hold on to our dream despite this horrible recession. We don't expect to be living there for 2 or 3 more years at least (our initial expectation of 12 months was just a little optimistic).

For the time being we are resigned to being stuck in Victoria and are making the most of renting. At least we're in the country, although Nar Nar Goon is not exactly our idea of paradise. We've been at Nar Nar Goon for 12 months now and so far have not managed to meet up with any other GR people in this area. Our fault entirely, no doubt, since we don't socialise much and spend most of our spare time working in the vegie garden, restoring old furniture in the shed, painting, cooking or reading old and new copies of GR. We do have lots of other interests, so anyone in the vicinity who feels like a chat, or is game enough to try some of our home-brew, drop in and see us. For that matter anyone who wants to write we'd be delighted to hear from you. Especially anyone from DRAKE - I'm afraid we have not kept in contact with any of the people we met up there 2 years ago.

Does anyone know any recipes for GRAVY using no ANIMAL PRODUCTS? Any interesting vegetable recipes at all would be appreciated. Also, what did our grandmothers use to WASH AND DISINFECT NAPPIES?

There is an article in one of my GR copies about the Mobile Baby Hammock. I have tried to contact the lady who wrote it, but so far no luck. Perhaps someone out there knows a bit about it; for instance it is safer than conventional cots with regard to Sudden Infant Death Syndrome?

**Keeley & Hans**  
30A Seven Mile Rd, NAR NAR GOON 3812.

Hello Everyone,

Having moved to Melbourne I have taken a lot of time trying to adjust into society mode. I'm living down here because my daughter Sheree (2) lives down here with her mum. I really want to see her grow up and hopefully be there when she needs her dad. Having no transport and being just out of debt I can't live out of town, so I am stuck here until I can work out a way that gives me some money, a few acres about one hour from Melbourne. There is just no work down here which I am qualified for, so I'm trying to set up my own business. I have recently started to rent a shop in Kent Road, Pascoe Vale, I am going to start a CRAFT SHOP there. I have never run a business before and could really do with some advice on all the things that are

involved. Since the rent is cheap and I live there as well I only have to make a profit of \$90 per week and I'm in the black.

To all craft-minded people I would really appreciate if you would bring some of your work in to the shop. I will be selling most of what I have on consignment, also I am trying to learn to do dyeing and clothes painting. Over the years I have been to confest a couple of times and saw it as a great time to catch up on friends. A friend told me that there wasn't one this year. Can someone please let me know of FESTIVALS around Australia. It's been years since I've seen some of my friends and been able to meet more like-minded people. I would be very thankful for any help.

**Heico Weidl**  
Shop 54b Kent Rd, PASCOE VALE 3044.

Dear Grass Roots People,

I've noticed in the past some enquiries about DONKEYS. If anyone in the central Victoria area is interested there is a donkey club running whose aim is to use and have fun with their donkeys. We are a group of people who meet once a month either in the bush or at various members places to ride/drive our donkeys. We are not connected with any breed society. In the Bendigo area people can contact our President on 054-734-235 or in the Ballarat area contact me on 053-424-355.

Also, I am after a book titled *A Guide to Organic Living in Australia*, by Michael J Roads. If anyone has a copy in good order that they no longer want or need I would be interested in it for a sensible price. Some books on donkeys are: *Training your Donkey* by Marjorie Dunkels; *Donkeys, Ponies & Mules*, by Ann Walker; *Donkeys* by Robin Borwick; *Australian Donkeys*, by Ann Walker. Not sure if they're all still available, so check libraries and book shops.

**Vikki Green**  
RMB H422, BALLARAT 3352.

Dear Grass Rooters,

For anyone interested in the CONTINUUM CONCEPT. I can also recommend *Touching*, by Ashley Montague. Merle Hancock, ACT, (GR 89) may be interested in reading *How To Survive Anorexia* by Peter Lambley and *For Your Own Good* by Alice Miller.

**J Jonker**  
DAMPIER 6713.

Dear Grass Roots People,

I'm writing to let you know that Riverside Community in the Nelson district, New Zealand, celebrated its fiftieth anniversary recently. As part of the celebrations the community published *Community - the Story of Riverside*. It will be of interest to anyone interested in communities/communes and the alternative way of life. You might say it's a recipe book for communities. The book costs NZ \$22.50 plus NZ \$3 post and packing from the community.

**Fred Braxton**  
Riverside Community, RD 2, UPPER MOUTERE NZ.

Dear Grass Roots,

We would like to build a METHANE DIGESTER to run our fridge and stove. Does anyone out there have plans for a low cost, efficient digester? If so we'd love to hear from you.

**Dave & Donna Lowe**  
Lot 2, Gorge Rd, FINCH HATTAN 4756.

A reader has recommended a book called 'Methane CH<sub>4</sub> - The Replaceable Energy', by Roman F Spargo, ISBN 0 9595720 07, published by Australian Methane Gas Research, Tomerang NSW.

Dear Grass Roots Readers,

At present I live in town because of family commitments. Time has passed by and I am now retired, but no closer to living in the country. When I was younger I dreamt of a pioneer lifestyle but today must settle for being a 'cottager'.

Our section is steep and too shaded by trees, but we have chickens and bees and a vegetable and herb garden. I am interested in SELF-SUFFICIENCY ON A SUBURBAN BLOCK and in labour (not time) saving methods of doing things because of my physical limitations. I would love to hear from anyone interested in the 'cottager' lifestyle.

**Betty Richardson**  
PO Box 12502, Thorndon, WELLINGTON NZ.

# Feedback Link-Up Feedback

**Dear Megg,**

I thought you might like to hear about our venture. Also in one of your publications there was a reader who wanted vegetarian recipes for a CAMP OVEN. I use ordinary recipes for everything and just use the camp oven as I would an electric one. After the coals are ready, I pre-heat the 'oven' for a few minutes and put coals on the lid, also I have a small wire rack that fits inside and put everything on that, even a roast. The camp oven is a lot quicker than an electric or gas oven, so you have to watch whatever you are cooking.

There was another reader who wanted to hear from anyone using alternative power. We have everything running on SOLAR POWER with a small generator as a back up. As far as I'm concerned it's one of the best investments if you are anywhere without power. Ours was from Rainbow Power Co in Nimbin and they were very helpful when we told them what we wanted to run. Since we only get to the nearest large town every 4-6 weeks, the freezer run on solar power is great.

We have a large vegetable garden in and with it covered with shade cloth have had no problems.

When we're not doing things around the camp, we're out metal detecting or gold sluicing. We're not ever going to be millionaires through it, but have on an average got 27-34 grams a week. We have been approved by the Mines Department up here to use a sluice box, dry blower, pan or metal detector in recovering gold, so even though it's a lot slower than some mines with large machinery our overhead costs are at a minimum – one litre of petrol per day to run the pump for water, for washing down.

We are very fortunate where we are up here, as 3 kilometres from us there is a large dam, a remnant from a mining company, full of wildlife and fish and constantly feeding our stream, so we have year round water. We catch in pots, like crab pots, fresh water prawns (they look like a cross between a crayfish and a prawn) and are called Mitchell River crays. We also catch bream, sleepy cod and fresh water catfish in the lake and Palmer River.

Before I close, I'd like to say that both David and I are in our early forties and hadn't in our wildest dreams imagined that we would be doing this sort of thing. We sold up everything in Townsville and moved out here not knowing a soul around these parts and totally out in the bush! Unfortunately my Dad is seventy and needs a hand on his deer farm back in New Zealand, so hence the reason we are selling out. For anyone who likes peace, serenity, the Australian bush and self-satisfaction, try to do something like this if you can.

**David & Joanne MacArthur**  
PO Box 1620, MAREEBA 4880.

**Dear Readers,**

For the past six months I have been using HOMEMADE CLEANING PRODUCTS. Carb soda and vinegar do wonders on most jobs. I make my own washing detergents with washing soda and a cake of soap. To begin with I used the recipe which says to boil the soap with a little water and then mash it. This was very tricky. Now I simply grate the soap, bring it to the boil in a large saucepan with lots and lots of water and leave it for about an hour. It dissolves completely and mixes easily with the soda. It makes making washing detergent very easy. Give it a go.

**Louise Richards**  
Tudor House, MOSS VALE 2577.

**Dear GR Readers,**

TANKS A MILLION: Every Australian home should have a water tank. For years councils have discouraged these reliable and efficient tanks of pure water. Water conservation is most needed in a continent noted for its great droughts. Be self-sufficient and back up our dams by helping with your very own water tanks. In dry periods the mains supply can be tainted, in floods it is recommended that it be boiled for safety. Suburban folk cannot draw water from a creek when the supply fails. City supplies can and do fail because of burst mains, heavy use in fires, pollution, natural disasters and acts of war.

To encourage every household to have a tank a slight REDUCTION IN WATER RATES would help. Suburban tanks would reduce pollution in harbours by reducing volume in storm water drains. The use of these containers would supply somewhat pure water, chlorine

free and having no need for filtration equipment. In bushfires they would be a great back up to pumps and buckets.

In the 30s and 40s when visiting grandma, we kids could not get stuck into her BREAD PUDDINGS fast enough. Our mother was somewhat appalled as mum regarded this tucker as unwholesome as it was made from stale bread. Over the years I have often wondered what the recipe was and the other day spotted it in some literature about the last depression. Here it is: Save all bread crusts, soak them till soft, then squeeze as dry as possible, measure 3 heaped pints, add 1/2 cup of flour, 2 cups sugar, 1 dessertspoon of dripping, and 1 teaspoon of salt (mix all). Then add a handful of currants and sultanas, 1/4 packet of spice to darken and 1 dessertspoon of vinegar. Last add 3 small teaspoons of bicarbonate of soda and 1/4 cup of milk. Steam whole from 3-4 hours. Do not have mixture too moist.

**Noel Carr**  
DARKES FOREST 2508.

**Dear GR People,**

For many years I have suffered terribly from CHEMICAL AND FOOD ALLERGIES. I am now recovering my health after finding a good American doctor. Now I want to move to a warmer climate but need somewhere free of pollution with a good water supply and work available; preferably outdoors. I would love to hear from anyone knowing of a suitable area.

**Catherine Ann Garrett**  
PO Box 392, PARAPARAUMU NZ.

**Dear Grass Roots,**

Having just read *The One-Straw Revolution – An Introduction to Natural Farming* by Mananobu Fukuoka, 1978, we are keen to hear from people who have put his ideas into practice or anyone who may have visited him in Shikoku, Japan.

Our hope of putting his ideas into practice is limited at this stage, as we live in suburbia and already utilise every spare inch. We are also lucky to have a vegetable plot in the Springvale COMMUNITY GARDENS – anyone wanting details please contact us.

**M & A Thomas**  
6 Gail Crt, DINGLEY 3172.

**Dear Alternatives,**

My wife and I fled Thatcher's Britain a year ago to settle in New Zealand, only to find government here intent upon making all the same mistakes, and encouraging the greed, self-interest and sheer stampede for survival that has raped and despoiled England's once green and pleasant land.

Coming across GR quite by accident I was greatly encouraged to discover that a better way of doing things is alive and well in the antipodes. However, from my point of view the 'Australian and New Zealand' edition of GR is distressingly top-heavy in favour of the 'Australian' half (or should it be 10/13ths) of the partnership. Being neither Australian nor a NEW ZEALANDER I can only be appalled by the antipathy that appears to exist between the natives of the two countries. Here, as nowhere else in the world (except perhaps California and those few parts of Canada that occasionally reach above zero temperatures) can the 'Western' way of life prove itself capable of 'progress' while avoiding drowning in its own cesspit.

Be that as it may, we are just beginning our 'new' way of life on 12 acres of neglected pasture, a substantial part of which is at an angle of 45° and the rest is as well-drained as the Florida Everglades. A huge amount of sheer hard work is before us, together with numerous opportunities to make expensive, time-wasting mistakes. At this stage we need huge amounts of both encouragement and advice. The former we would welcome from Kiwis, Aussies, or little green men from Mars, but as regards the latter we should particularly welcome correspondence with and perhaps the chance to meet with, Kiwis who have done, are doing or might one day do what we are embarking upon, i.e. returning to the grass roots.

**Tony Girling**  
Sangsters Rd, RD 10, Palmerston Nth. NZ.

*Our budget doesn't run to a team of roving reporters, so we are dependent on our NZ friends to share their experiences. Yes, they have been quiet lately and we would like some more input from NZ.*



# Feedback Link-Up Feedback

## Dear GR Readers,

I would love to hear from anyone who can offer some good advice on growing INDIAN TOBACCO. The plants are in, growing quickly, starting to flower and I need advice whether to prune (like tomatoes), any growing hints, and when to pick for best results. Please advise on how to treat tobacco for a mild blend. I do not have access to a kiln so I guess hanging to dry in a dark shed is the most likely method.

Also if anyone would like to swap seeds of the Madagascar Bean commonly known as 'Poor Man Bean' for seeds of anything edible or gourd seeds I would like to hear from you. Madagascar Bean will regrow indefinitely each year in a frost free area, or if covered in winter months it does die down so it is easy to cover.

Does anyone have seed of the Hubbard Squash with a dark green skin? It is an excellent long storage squash through winter.

My family are on 103 acres with a view to self-sufficiency in the meat, fruit & veggie line, if you are over 40 and have time drop me a line, looking forward to hearing from you.

**Marie Rushton**  
**PO Box 7, BOGGABRI 2382.**

## Hello to Readers,

My first letter and I'm asking for something, or should I say someone? Anyone who attended GLADSTONE STATE HIGH SCHOOL, Qld between 1972 to 1978. Maybe you knew me then as Pam Keech. Also, anyone who home schools in Tasmania who would like to get together sometimes. Please write to me.

**Pam Gahar**  
**C/- PO, RISDON VALE 7016.**

## Dear GR People,

I live in a 'little town overlooked by a mountain, totally surrounded by state and national forests, snow capped peaks and a population of one hundred and fifty.' - sound familiar?

Lena's well written article (GR 89) contained many details that were true, some that were exaggerated and others that were false. True, the local club is well patronised being the main social meeting place, but no-one is forced to 'book up' their drinks, if you run out of money you can choose to stop drinking.

True, you can 'book up' your groceries but you do not pay twice the supermarket cost, it's the same as anywhere else, you pay a bit more at a local store but you are also paying for the convenience.

False, it isn't only hippies that grow their own produce, several local people do, and none of them could be described as hippies.

True, the town has its share of 'characters' but how boring life would be without them and who wants to live with a race of clones. I expect even mainland Australia has its share of large families and people not over-blessed with intelligence.

True, some years ago we had a local policeman who had a rather unenlightened outlook but he has now retired and his successor believes in the old-fashioned type of community policing, the way Mum and Dad used to tell you that you could always trust a policeman.

The town was, until 10 years ago, a mining town and is now on the edge of a logging area so don't expect us to be Toorak and Point Piper types. But if you want to live in a small community where you know everyone's name, you catch up with the local gossip when you pick up your mail and newspaper and everyone pitches in when someone needs a hand, why don't you give us a try? I came here from the Melbourne rat race, six years ago and have no plans to leave.

**Margaret Dennis**  
**C/- PO Box 242, EUROA.**

## Dear GR,

I have a very dear friend on the island of Lombok Indonesia where my husband and I visit each year. He is 26 years old and has a university education. Unfortunately, there is no position for him so he teaches a little bit of Indonesian to the visitors who stay at Lengiggi Beach and sells second-hand books.

We correspond regularly but I am 60 years old and he would also like to write to somebody his own age or a little older. If there is any reader who would be interested I would appreciate it and he would be really excited. His address is: Edi Sumedy, C/- Zahir Hotel, J L Koperesi No 9, Ampenan, Lombok, N T B Indonesia.

**C/- 19 Laura Cres, ROSEBUD 3939.**

## Dear Folks,

Hello. Here, between Waikerie and Morgan, along the Murray in South Australia's Riverland (Murray Mallee to me!) my wife (Ruth) and I (Tresh) live on a small, 100 acre-odd property. We live in a bushy sort of dwelling with garden, duck pond and ducks, Mr Ferrett and bantams, and two little dogs, and live near the Murray. We are hoping to go away for at least 4 weeks in June/July.

We would like to know if there is A COUPLE OR CAPABLE SINGLE PERSON who would like the sunny, drier winters of the Mallee, and look after our place. It can be cold at night and our house is rudimentary - no power, but warm fires. Work is also a probability (if wanted) in nearby orchard/vineyards. This could probably be arranged before arrival.

General upkeep of the place and looking after the animals and the garden is required (keeping them alive and appreciated). We would love to have a long sought after break to catch up with our spread out family and would love to alleviate the worry by leaving the place in capable hands. So can we make contact with someone who would like to live simply? It is a beautiful place, peaceful and quiet, your own vehicle would be handy, though we'll likely leave our sometimes temperamental ute at home to use. Thank you.

**Ruth & Tresh**  
**PO Box 732, WAIKERIE 5330.**

## Dear Readers,

I shall be moving into a housing trust flat out of necessity, and therefore am in need of a home for my beautiful 15 month old Belgian Shepherd. I am hoping to find a very special, sensitive person, as she is shy and takes time to adjust to new people and situations, and because of this needs a patient and gentle approach. Once having won her trust, she is a devoted companion, full of life, very gentle and affectionate.

I am hoping for her to go to a country home, as she is of working dog origin, full of energy and very intelligent.

**Emma**  
**Fraser Crt, Block A, Flat 16**  
**Eyre St, KINGSTON 2603.**

## Hi,

I have been reading my father's old GR because I have been given a SOURDOUGH starter with one recipe and I thought that GR is bound to have some. I am willing to swap the starter (some of it) for recipes or photocopies of books.

I have also recently caught the PUNCH NEEDLE bug, and am now interested in its history both in Australia and overseas. I have seen three different types of needles, the American/Russian, the Japanese, and the modern plastic. If any reader has any old instructions, patterns or needles they do not want, or need help with, I would like to hear from them please. I am hoping to teach punch needle at the local craft shop, so any information and/or patterns etc would be helpful.

**Kaye Morrissey**  
**32 Magnolia Rd, IVANHOE 3079.**

*See GR 86 p 51 for sourdough article.*

## Dear GR,

Not wanting to use CHEMICAL SPRAY under or near our home that we are building but having to because of council regulations and also to insure our investment, we opted for a less dangerous chemical (Dursban). This has a shorter life span than the most commonly used chemical under concrete slabs (Heptachlor.) Because this chemical barrier has a life span of approximately five years, I wondered how it would be possible to continue the protection in the future.

For approximately \$150 I placed 60 metres of 5/16 inch copper pipe around the inside of the footings, drilled appropriate sized holes every metre, paying particular attention to sub-drain areas and fitted 1/2 inch hose fittings at two external points (then tested with garden hose). This was done before plastic, steel mesh and concrete was put in place.

In years to come I can pump under the slab whatever chemical I require to act as a white ant barrier and with minimum chemical risk to our family.

**R A Williams**  
**6 Bonnie Springs Rd, JINDERA 2642.**

Craig Guy is hooked on earthworms, believing them to be the most efficient, environmentally friendly waste recyclers, fertiliser manufacturers and soil conditioners available. He has travelled widely promoting his ideas to farmers, gardeners and perhaps most importantly of all, schoolchildren. He shows schools how to set up worm pits so the children can recycle their waste and produce castings to fertilise the school grounds. The school project is run in conjunction with seminars on worm systems for farmers and home gardeners. Craig describes how to get worms working for you in your farm or garden. Craig is not alone in his obsession. An increasing number of people are discovering the benefits of the humble earthworm, with some even turning to worm farming to supplement their farm income. We know you will be fascinated and inspired as you read about these often overlooked friends of the earth.

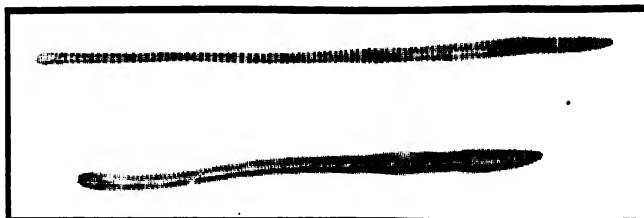
## WORMS IN YOUR GARDEN

by Trevor Webb, Ejanding, WA.

The common earthworm's importance to agriculture comes from its ability to produce castings of high quality fertiliser from compost heaps, manure, garden refuse and household rubbish. They also enrich, increase the fertility and water holding capacity, aerate and mix huge amounts of soil. These wriggling wonders are so efficient that they can turn raw manure which has a nutrient availability to plants of only 8 percent into a fertiliser which gives an availability of over 95 percent.

After a detailed study, Charles Darwin stated that, 'Of all animals, the worm has played the most important part in the world's history.' Agriculturalists who have started utilising the worm's talents are describing them as 'the farmer's friend' and 'nature's own garbage disposal unit', after all what else can recycle everything and still cost nothing to keep?

Entrepreneurs making money from worm farming (vermiculature) and casting fertiliser (vermicompost) are convinced that worms are the world's most neglected resource. Unable to meet the demand for castings, fishing bait and home garden worms, the worm farmers have little hope of entering the new, untapped markets which exist. These include worm additives for body creams, cosmetics and shampoos. Being over 80 percent protein worms are also of great interest to fish farms, livestock meal companies and even as a source of human protein. Worm rissoles or omelette may sound a bit adventurous for you, however I have it on good authority that once they have grazed in a field of flour for a couple of days to purge themselves of dirt, they are quite palatable. (The Maoris consider them a delicacy.)



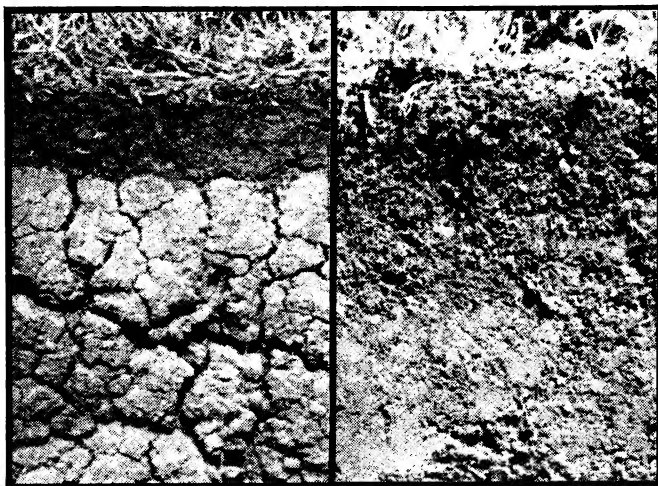
The two most useful types of worms *Eisenia fetida* (tiger worms), top, and the stouter *Lumbricus rubellus* (red worm), bottom.

Worldwide there are 2200 varieties of worm, measuring from 2.5 cm (1 in) to 330 cm (11 in), but the two types which producers show preference for are the European red worm and the tiger worm as they are prolific breeders with insatiable appetites for waste material.

Earthworms burrow in the ground swallowing soil from which the decaying organic material is extracted and ground up in their gizzard, the residue is then deposited behind in the form of castings. When being bred out of the soil they are placed in mountains of manure, kitchen scraps, meat and anything else that will decompose. Even the most pungent of piles will quickly turn into an odourless heap of the world's most efficient fertiliser. Although they are hermaphrodites (possess both male and female sex organs), they cross fertilise by two worms exchanging sperm cells during copulation. Each month a worm produces one capsule (egg) containing up to 45 miniature adults (there is no larval stage), so they are capable of doubling their numbers every 40 days. Theoretically if you were to start breeding with 1000 worms you would have up to 1,300,000 within a year.

The harvesting of worms is a simple process – they are extremely sensitive to both light and vibration so when a producer wishes to separate the worms from the fertiliser heaps he places the heaped castings over a mesh screen then switches on a light directly above. The worms, trying to escape the light, burrow down through the screen into a container underneath.

In Europe and America worm farming is a multi-million dollar business, not so in Australia! The Australian breeders are gradually building up stock numbers in a bid to meet ever-increasing orders, some have had live worm postage approved by Australia Post enabling them to deliver small orders of live worms to aspiring worm farmers throughout the country. (If worms are wrapped in damp newspaper and packed in a cardboard box, they will remain healthy for more than a week.) Whether you want them to fertilise your garden or to provide you with an income there is definitely a place for worms in your garden.



Soil profiles show the difference earthworms make. Without worms, left, the soil is packed and dry. With worms, right, organic matter is mixed throughout, creating a better soil structure.

# EARTHWORMS

## 100% Environmentally Friendly

by Dot Menhenett, Ruffy, Vic.

We have recently gone into earthworm farming as a supplement to our income. With this business there is very little capital outlay and it takes up very little space. When we ordered the earthworms (10,000 of them) we knew virtually nothing about them and quickly found that there was very little information available. Most information that is available is written by Americans for American conditions. Earthworm farming is big business in the USA. In Australia the business is still in its infancy. Our earthworms arrived by post and we had a bed ready for them as the firm had sent us instructions a week or ten days before delivery. I would like to pass on to GR readers some of the information I've learned along the way.

Although there are several hundred species of earthworms in Australia, the red worm (*Lumbricus rubellus*) and the tiger worm (*Eisenia fetida*) are most suited for earthworm farming and composting. Our pasture earthworms are mostly introduced European types as clearing and ploughing has eliminated many of our native worms and they are now restricted to uncleared bushland and forest areas. These worms are unsuitable for cultures as they do not breed well in captivity.

Our earthworm beds are made of timber, 90 cm wide 240 cm long by 30 cm high (3 x 8 x 1 ft). This is a normal size bed for earthworm farming. The construction does not necessarily have to be made of timber, it may be made from bricks, rocks, galvanized iron or whatever is available, but it is important to keep it near these measurements as it makes for easy working. This sits directly on the ground. Advantages in not having a bottom in the bed are that excess water and salts leach away naturally and the worms can retreat from heat or food decay. We find that if the bedding is kept right the earthworms are very happy to stay. Position the bed in a cool place, although be careful not to place it near trees as the roots will soon find their way onto the rich bedding. When we started we placed our bed on the east side of a shed so were protected from the hot afternoon sun. However as the business grows it is best to build a shelter.

If you are considering earthworm farming you would need to have access to large amounts of manure. Any manure can be used horse, cow, sheep, goat or rabbit. Do not use chicken manure. The author of an American book written in the 1950's fed his earthworms sewerage sludge. He said it was the best food imaginable. I must add here, that in Lufkin Texas earthworms have been introduced into the sewerage system to dispose of the sewerage sludge and in many other overseas countries the humble earthworm has been employed in municipal tips. Statistically, 68% of garbage is organic and makes great worm food. This is food for thought, perhaps something to look to in Australia in the future. The more naturally we can dispose of our rubbish the better. Now getting back to the bedding. We use a mix of horse and cow manure, being careful that it is not too fresh as it tends to heat up the beds. We wet and mix this. In the summertime this is a big job when the manure is dry. In the winter it is probably wet enough. It is important to keep the bed damp to wet at all times. Although the earthworms don't like it too dry, they cannot tolerate the

bed too wet either, so in winter there is a need to cover the beds with galvanized iron to stop the soaking rain. We have recently been getting manure from a dairy and find that because the cow's diet is supplemented with grain the manure is very rich and our earthworms are thriving, however we still mix it with horse manure. The bedding should be maintained at around pH7. This is home for the earthworm and part of their food.

Now all is ready for the earthworms, place them evenly on top of the bedding in morning sunlight, they will burrow down quickly. They do not like light so it is important to cover them with old carpet, hessian bags or underfelt. This also helps to keep them damp.

I mentioned their bedding is part of their food, however after a week or two they have worked it over, so we add new manure every week. We also feed them bran, poultry pellets or crushed grain every 5-7 days. I suggest you start with a little and see how long it takes them to consume it. If it is not eaten reasonably quickly it will sour the bed. Anything that has once lived is food for earthworms: kitchen scraps, old lawn cuttings, cardboard (pre-soaked), anything organic, dead or decaying, except onions, garlic and citrus peelings, these are too acidic and should be avoided.

Earthworms are bi-sexual, that is each worm has both male and female reproductive organs, so that after mating both will produce an egg capsule. One earthworm can produce a capsule every seven days, which hatches in twenty-one days, and each capsule can produce two to twenty self-sufficient babies. You can imagine how rapidly they multiply if conditions are right. If this been the case the earthworms' bed will need to be divided every eight weeks. To do this we simply remove the bedding and worms and start the procedure all over again, and fill up the original bed with more bedding and food.

You may just want earthworms for your own use in the garden, to enrich and turn the soil naturally. Earthworms can be implanted directly onto the garden at the rate of 250 earthworms per square metre. As the earthworm burrows it tills the soil around plant roots and forms channels through which root growth may reach down into the subsoil for minerals and moisture, they break up organic materials and mix these into the soil. They are the most tireless diggers in the world, they never stop and their 'casts' (manure) enrich the soil. Provide the earthworm with plenty of food such as partially decomposed compost, kitchen scraps buried throughout the garden, and animal manure. Mulch with straw, old leaves or newspaper, aerate occasionally with a fork, not a shovel. Do not use chemicals and there is certainly no need for artificial fertiliser as the earthworms see to that.

Earthworms are also wonderful for composting as they will do all the turning, mixing and enriching for you, at the same time disposing of your organic waste. It is not essential to have a container, but it is probably better as it keeps the rain and pests out and keeps the earthworms and moisture in. A timber construction is best but it can be made from galvanised iron, weldmesh or bricks. Regular compost bins are really not suitable, but may be used if the bottom is cut out or by placing



aerating holes in the sides. The compost construction should be in a shady spot in the garden. Stock at a rate of 1000-5000 earthworms per construction, cover with dampened underfelt or similar and keep moist. It is probably best to have a separate heap to throw fresh garden refuse and kitchen scraps onto so that they decompose a little before you add it to your earthworm construction. If however you decide you only want one compost heap then you may need to give a sprinkling of limestone or wood ash to maintain a neutral pH level. When the earthworms have done their job and the compost is ready, all you need to do is bury some poultry pellets, bran or a broken egg in the top of one corner and most of the earthworms will gather around that. Now fork out the earthworms into a wheelbarrow or anything that is convenient, until you have removed your new rich compost. Fill up your compost construction with your partly decomposed compost, replace the earthworms that you have set aside and start all over again. When the earthworms

have become overpopulated place the excess in the garden. Stand back and watch the plants grow.

There is no right or wrong way to make compost, but whatever passive way you use, the addition of earthworms will cut the composting time by half.

Earthworms don't bark, bite, scratch or smell, and they don't have to be fed and watered twice a day, fenced in or locked up. You can be sure your reliable earthworms will be silently tilling, turning and enriching your soil day and night without fuss.

For further information, or worms contact: Dot Menhenett, RMB 2295, Euroa 3666. Ph: 057-904-280.

For earthworm suppliers close to you look in the yellow pages, or ads in garden magazines, or try one of the following who have advertised in GR:

Wormborough Farms, PO Box 794, Taree 2430. Ph: 065-539-633.

Sales Unlimited, PO Box 14, Nth Cairns, 4870. Ph: 070-537-134.

Mr G Barker, 5 Kite Crt, High Wycombe 6057.

The Worm Farm, 105 Alawa Cres, Alawa 0801.

## WORM SYSTEMS FOR FARM AND GARDEN

by Craig Guy, Heathcote, Vic.

Two major problems facing farmers today are soil degradation and off the farm fertiliser costs. By the slow process of nature it takes 500-1000 years to lay down one inch of topsoil. Under easily controlled conditions a task force of earthworms can do the same job in five years. And this can be done by using on-farm wastes in a system which costs little after initial establishment. As a master builder of topsoil throughout the ages the earthworm in nature has played a leading role. Under scientific control and intensive propagation the earthworm is destined to play a major part in the future development of topsoil and its maintenance at the highest point of productive capacity.

The system we have developed is the best and most economical way to bring the benefits of earthworms to pasture, crop, vineyard, orchard or home garden; in fact any plant that grows. We find that chemicals and fertilisers brought in and used on farm, orchard, vineyard and home garden add to the cost and therefore decrease the profit that can be made from the product. We know through tests we have conducted using the byproduct of earthworms (castings) that we can obtain much better and healthier growth at a far cheaper cost. Through running a commercial worm farm and from our own experience we have successfully harnessed the earthworm.

### FARM SYSTEM

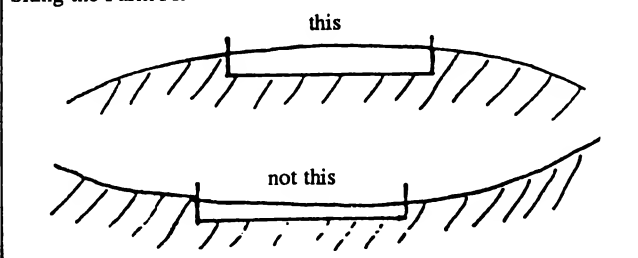
We have developed a system that can be used on the farm, run and controlled by the farmer to produce worm castings for spreading with existing equipment. By changing the size and construction of the pit we keep the worms in, and also by teaching the farmers our techniques we are able to produce enough usable organic plant food in the form of castings to use in his or her production, whatever it may be. The amount of castings is limited only by the supply of food and the number of pits. Individual pit systems can be designed to suit the needs of the particular farm and farmer, always with economy in mind.

### Siting The Farm Pit System

Select an area that is:

- Easily accessible to allow worm food materials to be supplied to the tip, either manually or by machine.
- Slightly sloping so that water can drain from the base of the

Siting the Farm Pit



pit. Don't worry if you have a flat area; the base of the pit can be sloped during construction.

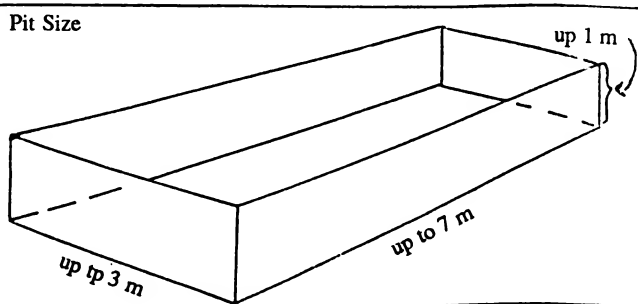
- Close to water supply so that it is possible to set up a timed sprinkler misting system.
- Able to be drained naturally.

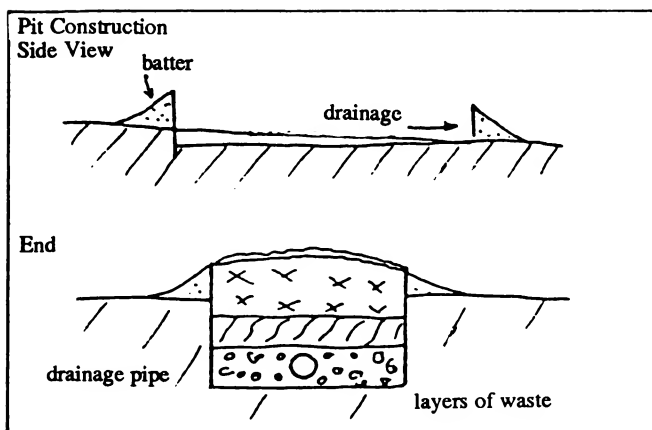
### Construction

Mark out your site 15 x 3 metres for 0.5 metres depth or, if you have appropriate machinery for 1 metre depth, halve the surface area to 7 x 3 metres. Excavate with drainage in mind, bottom runoff is essential. If you wish to minimise excavation then use the material dug up to insulate the walls above ground level by earth battering.

A more sophisticated system requires aggregate at the base with a drainage pipe. Excavation would be deeper and more spoil would be available to build up the outside insulation batter.

The soil at the base of the pit is used as a refuge for the worms when pit conditions are unsuitable such as when you wish to remove castings.





### Construction Materials

Walls can be constructed from bricks, stone, concrete or timber, or even from earth. Bricks, stone or concrete have the advantage of lasting, while timber gives you flexibility. A pit dug in the ground is the cheapest and preferred (by worms) method.

Avoid siting the pit near trees as the roots will penetrate the pit and take over in their search for this wonderful nutrition. Keep chemicals, especially drenches, away from the site.

### Feeding the Worms

Worms are voracious, eating their own weight in food every day. This is what makes them such good producers of castings. They will eat anything that has lived but is not poisonous.

Here are a few examples to start with: crop stubble, haystack bottoms, leaf mulch, all paper products, all household food scraps, old clothing, hair and fingernail clippings, out-house waste, horse, sheep, goat, pig manure, fowl manure (must be mixed in with other organic waste), newspaper. These are just a few, I'm sure you can think of many more.

After sorting and piling all your waste, try to mix it by back hoe or front end loader or just by scattering layer by layer into the pit by hand. Each layer should be sprayed with a liberal amount of water. By the time you have filled your pit it should be rather damp. Allow three days for full dispersal of water and excess to drain. Then introduce your worms.

### GARDEN SYSTEM

There are no hard and fast rules for establishing a good worm bed. The first requisite is that they be drained well. If your bed is open to the rain and it does not rain there is a risk that either the worms could drown or they will leave. Secondly, your worms will be grateful if they have some summer shade and winter earth. These can be provided inexpensively. A very good domestic shelter is 'The Earthworm Outhouse', available from Central Victorian Earthworms, Heathcote. It is a handy size, provides the cooling and warming facilities and it blends in well with a garden setting. This can be bought in a kit form, or if you are a keen DIY, you can buy the plans and do the whole thing yourself. The sides are trellised and shadecloth at the front provides easy access.

It is intended as a domestic unit, and for feed, you can use manures, all your kitchen scraps (and your neighbours'), newspapers, cardboard, lawn clippings, garden trimmings. It is very helpful if you can put these larger pieces through a mulcher as this will speed the degradation process. Worms do not eat until their food has started to degrade, or it is pre-processed as in manures.

The simplest of beds is a mound on the ground, but in a household situation, these beds tend to become untidy and suffer from an unnecessarily high rate of evaporation. Better to fit your bed with sides to a depth of around 30 cm (12 in). These sides can be of timber, even galvanised iron. If you fancy a more permanent and perhaps neater installation, do it with brick. For the drainage, it is good to locate your worm bed(s) on a slope, if possible. If your block is level, then 8 cm (3 in) of crushed rock on the bottom is good. To stop the intrusion of tree roots, I first lay down some builders polythene, then 8 cm (3 in) of crushed rock with manure on top of that. Then in go the worms. It is best to spread your worms across the top of the bed and allow them to make their own way in. They will do so within 10 minutes.

Worms need somewhere to go to escape extremes of weather, or if you forget to water them – perhaps when you go on holiday and someone else forgets. So if you put your bed directly on the ground, they will be most comfortable. They can retreat deeply into the soil to stay with the moisture and most will return when you commence watering and/or feeding.

### The Worm Outhouse

Similar principles apply to that of siting the farm system, although the garden system is much more flexible. Once again feeding is similar. They will eat anything you put in the compost heap or you could burn in an incinerator (without issuing poisonous gases). The use of shadecloth makes worm life more comfortable. The climate for worms is similar to that of ferns. So if you hang ferns in your 'Worm Outhouse' they can monitor your worms' health. Water to keep your ferns alive and your worms will thrive. Ten minutes morning and night will suffice. Adjust that rate up and down for summer and winter. Throw away your incinerator – install your 'Worm Outhouse' as a garden decoration.

### How To Use Worm Castings

**Potting Mix:** 20-30% castings with sand will provide an excellent mix for both germination and to sustain vigorous and lush growth for three months without the need for the addition of any supplementary fertiliser.

**Soil Conditioner:** If you rotary hoe a layer of around 2-5 cm (1-2 in) thick into quite barren soil, and water well, you will be amazed at the growth for the first season's plants. It's never too late to apply them and each successive year will see further improvements, especially if you continue to apply castings.

**Fertiliser:** Sprinkle around the plant base – lightly dig in, if you like. Alternatively, broadcast by hand or use a seed spreader and water well. Large-scale application can be by use of a standard super spreader. In all cases, you can never use too much. No harm will come from over-application.

All enquiries can be directed to Craig Guy, Central Victorian Earthworms, PO Box 225, Heathcote 3523. Ph: 054-333-014. Earthworms Outhouse kits are available from \$380 incl freight, plus worms. An excellent booklet about worms, *Worm Systems for Farm & Garden* is available for \$7 posted.

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# SHARING A LIFESTYLE

Elmstone, Boggabilla, NSW.



There are a few letters in Feedback lately from people offering or wanting the use of land. Some offer, or want, a dwelling or other amenities provided. Perhaps it is a difficult situation to achieve for both parties. Not many of us have an extra house or cottage on our properties and it is not easy to start with just the bare land. It could be a golden opportunity for an unemployed or pensioner or a couple without the encumbrances of their own home, kids, dogs and cats, but would involve a certain amount of work on their part. After all their desire is to attempt a degree of self-sufficiency.

The ideal situation for them and the land offerer would be someone with a car and caravan who is prepared to start with just the bare land. We all have expectations. Some we are aware of, some we are not. This is where I believe the problems may lie. We are very excited, and, admit it, possessed with a small amount of self-importance when we start out on a self-sufficiency lifestyle. Whether we like to admit it or not, we feel we are doing something just a bit out of the ordinary and of course our motives are very noble. Once the reality of all the hard work, plus the realisation that you've got your hand in your purse more than you expected, sets in, well, you still feel a great sense of achievement, but are humbled considerably.

You may find you are the only GR type for miles around and if you aren't thrilled with a weekly visit to the local club or pub you'll find yourself somewhat isolated. Loneliness sets in. You are humbled even further. Even for a couple or family, or someone doing it alone loneliness can be a real problem.

So you decide how nice it would be to have a like-minded person with the same goals, living close by. Here's where the expectations arise. For someone who truly desires a degree of peace and solitude, but not loneliness, there's the risk of attracting a tenant who plays his radio all day, has three kids

who'll hang around you from dawn till dusk, and whose wife will sit in your kitchen all morning telling you she just loves this GR lifestyle. On the other hand you could attract the person who rushes into your life full of enthusiasm for self-sufficiency, expects you to provide tools, toilet, and the use of your washing machine, then rushes out of your life in a huff two months later saying 'Well, they didn't do much for us did they!'

Where does one draw the line between offering a helping hand and being used, between being cautious and paranoid? How do you know that lovely, genuine single or couple in the caravan under the tree in your back paddock, who are so grateful for the break you've given them, aren't going to nick off with half your belongings the first weekend you relax and go to visit your kids?

Still you could be lucky. There just might be someone who sees your offer as an opportunity to save for their own place, while at the same time learning what a GR lifestyle is all about. They'd appreciate the loan of an odd tool or a helping hand, without making a welter of it. They'd retain their own and your privacy, but still enjoy enthusing over each other's projects and achievements. They may even join you in a craft/vegetable stall at the local market. All in all, provided both parties kept a friendly considerate attitude towards each other, much happiness and achievement could be gained by both.



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# DON'T KNOCK IT! IT WORKS!

## HOW TO DEMOLISH A BUILDING

by Bette Shiels, Bundaberg, Qld.

The run-down caravan park we bought had ten quaint little cabins on it which had been transferred from New Guinea after the war. They had originally served as army huts, now they were fishermen's huts.

Stepping into one was like stepping back into the past. Each cabin was fibro cement, with a corrugated iron roof. The interior walls were unlined, revealing the wooden structure. There was an ice-chest and old kitchen dresser, complete with newspaper-lined shelves dated 1948. The well-worn wooden table had a long three-legged stool against the wall. The bedrooms had huge beds with flock mattresses sunken in the centre from years of heavy bodies. I would have loved to restore those cabins. I could imagine them painted white, with geraniums surrounding them, but alas, the council had other ideas. The cabins were condemned. They did not pass building regulations, because the ceilings were not standard, and they had to be removed. This set back the schedule for our park opening by a few weeks. With my husband building new amenities, I decided to dismantle the cabins alone.

Being a good greenie, I intended saving all the materials. You never know when you might want to build a chook house! The problem was, forty year old fibro becomes very brittle. After trying to remove nails individually, to no avail, I went crazy and smashed the lot with a jemmy bar! The windows were louvres. They were easily removed, I even managed to salvage the frames. This left my biggest problem. How to remove the roof. I'm not overfond of heights and the frame was still holding the roof intact although termites had weakened the structure somewhat. It astounded me that the building hadn't fallen down by now, with its skeletal frame and heavy tin roof. Perhaps it was the door frames holding it up! I set to removing them, frames and all. This made the building shaky, but it still stood.

There were no flooring boards, each cabin was set on crumbly cement. I diligently dug around each upright with a crowbar. Still the building stood! I studied the whole structure to find what was keeping it up. The only apparent answer was those slanting boards, set into the uprights across each wall, although they were only about 2½ cm (1 in) thick by 5 cm (2 in) wide. They didn't look too strong to me! I swung the jemmy bar and bashed one out. I hoped I was wrong about them being the only things holding the roof up, because I was standing inside to knock them out.

Oops! Now it was getting a lean up. I carefully knocked out two more, hoping a strong wind didn't blow up before I removed the last brace. Plucking up my courage I banged at the remaining brace, expecting the roof to land on my head at any moment. It flew out at the same instant I made for the bush! When I stopped running, some fifty yards away, I looked back to see the building still standing. It was definitely leaning to the left by now, so I crept to the corner and gave it a push. Actually, it took three pushes, before I noticed one wall lifting off the cement. That's when I really broke the four minute mile!

I'd only run twenty metres when the roof landed, causing the earth to vibrate under my feet. My husband came running across the park, ready to dig my body out of the ruins. His face was a picture of terror when I spoke from behind him. 'Now I only have to dismantle the roof! All in a day's work!', I said proudly. His face changed from terror, to relief, to anger, all in an instant. He screamed at me, 'What are you trying to do? Kill yourself? Give me a heart attack? Why didn't you take the roof off first? Any fool knows to take the roof off first!'

'You mean that's how a man would do it, don't you? I happen to think my way is better! Besides I hate heights! This way I bring the roof down to my level!'

The following day, my all-knowing spouse decided to show me the 'right' way to dismantle a building, much to my disgust. Why do men always think they know best? First lesson: Get a mate to help! Then get a ladder! Collect all necessary tools, hammers, jemmy bars, safety helmets, etc.

I settled down on a patch of grass to watch the masters at work. They removed each sheet of iron and double-handled it to the edge of the roof, then scattered it all around, for me to stack at a later date. It took them a whole morning to remove one side. I was getting impatient watching them. They had just started on the second side when I heard two almighty shrieks! I looked up to see the two expert wreckers virtually running off the roof, a huge swarm of bees in strong pursuit! I thought only cartoon characters could run in mid-air. I assure you, men can too. Luckily the ceilings were lower than normal so only their dignity was damaged. So much for my demolition lesson.

Within four weeks I had demolished all ten cabins my own 'wrong way'. My husband learned to ignore the sound of falling buildings. He figured the devil looks after his own!

### COUGH CURE

Into 2¼ lt of water put one tablespoon of linseed, 7 g raisins and 60 g liquorice. Simmer gently until reduced to half quantity. Store in refrigerator and take one wineglassful two or three times a day. Add a dash of lemon juice before drinking.

Hylda Bracewell, Torrington NSW.

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# Making Your Acres a Solid Investment

by June Birkett, Coopernook, NSW.

We cannot but admit we are living in financially distressing times and if we have the advantage of living on a farm or a few acres we must turn it to providing for us in times of financial stress. It helps to obtain as much reading material as possible to find out how best to use what we have, then, looking at what we already own, start from there. Next, with careful planning, work out our finances and plan ahead what will be of best use to us in the future and buy carefully, adding to our investment.

## PURCHASE FOWLS

Fowls are all-over low cost birds. They provide almost immediate food. I believe it is most cost effective to buy laying hens if possible, for they are producing food immediately. Eggs are an amazing food, as well as being one of the most nourishing ingredients to use in your cooking they thicken, coat, bind, emulsify and clarify. They can be fried, scrambled, boiled, used in cakes, biscuits, main meals, be given as medicine for calf diarrhoea or given as a health restoring egg nog. They are also often used in natural beauty products.

So the fowls go off the lay or become old, now what do you do? Kill the fowl and it becomes a delicious dish, very few people do not appreciate a chicken meal and of course, chickens can be raised from the eggs and all roosters except one can be used as meals in the future months if handled and fed properly. You will never go hungry if you own fowls. Early pioneers carried fowls with them over hundreds of miles, knowing the value of them. Fowls lose their production due to extremes in heat or cold, floods, foxes, moulting; otherwise if fed well and given green pick in their diet they will continue to produce almost all year. Remember fowls love greens, so your garden will need to be protected from them.

## PLAN A FOOD GARDEN

No matter how small an area you have you can produce food. For example despite the fact that we have a large acreage, we produce quite an amount of vegetables in a small area. Plan the area out carefully. If you have manure from cows or other animals you are at an advantage.

### To Set Out the Garden Plot

Start with one plot and if there is enough area set out several plots. To cut down weeding to a minimum firstly lay plastic sheeting or thick layers of newspaper on the ground or grass, this stop grass from growing through, then place bricks or logs around the edges. Now fill well with soil, manure, grass clippings, leaves, compost. Pile it up high as it will rot down. Mine I filled with half cow manure. Even with the smallest plot you can grow at least three types of vegetables, one whole plot can be put under strawberries, blackcurrants, rhubarb, or other perennial crops.

Consider planting fruit trees around the house rather than ornamentals. Mulberry trees are a fast growing, heavy fruiting and marvellous large shade tree, fowls will happily sleep safely of a night in the high branches, safe from foxes – every fowl yard should have a mulberry tree. Fence lines can be dug and raspberry, blackcurrant or gooseberry can be planted and cultivated along fence lines. Passionfruit or chokos can be planted and trained on fences or under trees, thus training them

to grow up the tree and fruit plentifully.

## Experiment

Many of the ideas suggested may not suit your location or area but many will; experiment, that is the secret of a successful garden. Note how the soil continually grows vegetation, mostly weeds, but if you replace weeds with crops, cultivate soil adding compost, mulch and manure to increase fertility, then it is money in your pocket.

Continue to read books on different methods and never be slow in asking hints from back yard vegetable growers, farmers or anyone who seems to be doing well in this line.

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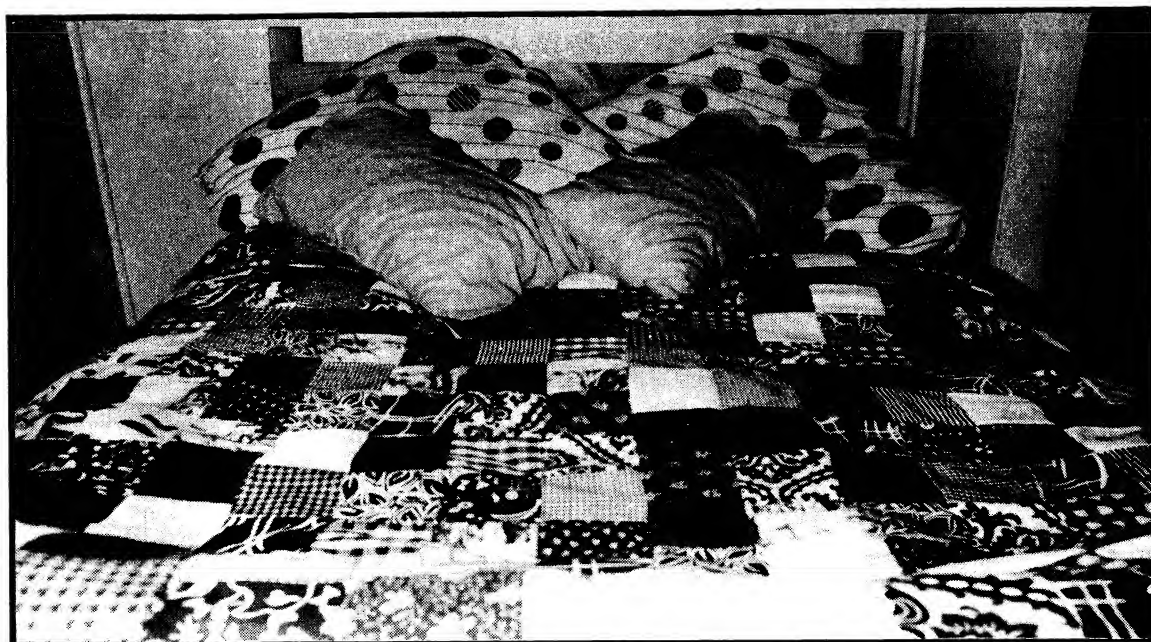
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## SUNSPACE

# Practical, Profitable Patchwork

by Pamela Odijk, Mt Morgan, Qld.



Black and white patchwork quilt cover. Even the pillow covers were made from black and white remnants. (Photo: Herman Odijk).

I have been noticing, on my rare days around those despicable places – shopping centres, that patchwork has become high fashion. The ‘poor little rich girl’ look, it seems, can be acquired by anyone with a few hundred or thousand dollars to spare. No wonder my two homemade patchwork trimmed dresses and various shirts and blouses cause favourable comment from assistants and shoppers in fabric shops and even from strangers. Suddenly I am (unintentionally) fashionable.

However, my patchwork clothes were made, not because I aspire to once more become enslaved by the dictates of fashion, but from a desire to use up remnants of material which I have been carting around for years. In fact one of the remnants spent part of its career as a curtain! As well as economising on clothes, I seem to have economised on patterns too as my clothes, shirts, dresses, and even a summer brunch coat, have all been made by adapting the one pattern which was originally designed for a T-shirt. I even bought the pattern on a bargain table. My Scottish ancestry has stood me in good stead.

## PATCHWORK QUILT

My interest in sewing different colours, patterns and textures together was awakened when I was a child of about 7 or 8. Probably with the intention of attempting to keep me quiet and occupied, my mother cut out some patches for me and showed me how to sew them together. When I eventually completed the task, my mother bound the edges, backed it, and made it into a doll’s blanket. Today I still find the quiet and rather mindless task of sewing similar sized patches together very relaxing. I’m not one for creating patchwork masterpieces such as those I have seen in exhibitions at galleries, or which win prizes in craft competitions. For me, that would tend to turn the whole thing on its head. My patchwork is confined to simple shapes and colours.

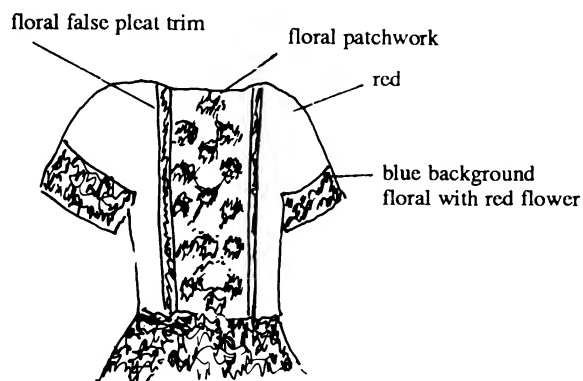
When I lived in Sydney (over four years ago now) black and white was ‘fashionable’ and there were many fabric designs using this simple contrast. I envisaged a patchwork quilt using just black and white fabrics and set about collecting suitable pieces from remnant tables, markets, jumble sales etc. Although my busy city job and university studies as a mature age student, did not allow me much time for sewing, I did manage to cut most of these fabrics into 13 cm (5 in) squares. I had collected 24 strikingly different black and white designs. Now, four years



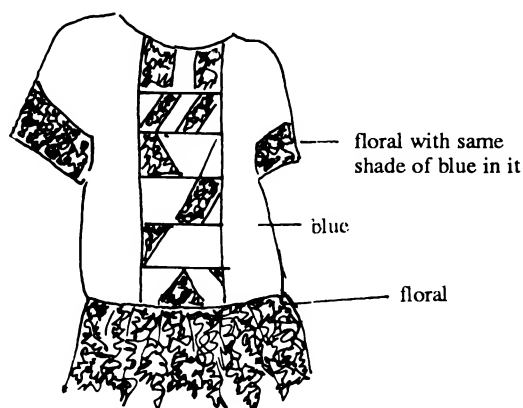
Some of my patchwork trimmed garments. One shirt (top) is completely patchwork. (Photo: Herman Odijk).



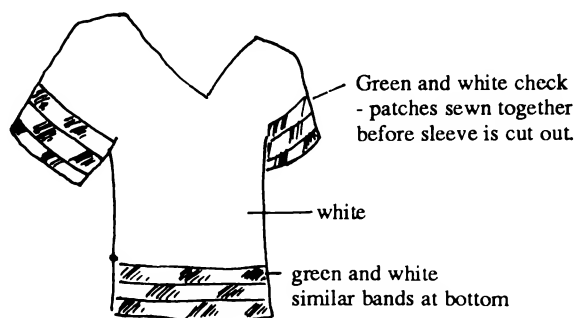
## Patchwork Clothes - Innovative and Inexpensive



The flower panel uses hexagonal patches tacked over templates made from old envelopes. The paper is removed before the design is tacked and machined into place over the front bodice fabric.



Centre panel made from sewing together strips of patchwork using triangular shaped pieces sewn together at random. Sewn over the front bodice fabric.



Also made another blouse of black and white. Main blouse of black. Sleeves and bottom band made from small black and white patches (leftover from quilt).

later, I have turned these into that patchwork quilt. It is backed with an old curtain and has become a cover for a feather doona.

I also got carried away and made another one of blue and white (with a touch of brown and grey), as a practical and decorative addition to our refurbished caravan. This doona cover is backed with an old coloured sheet. I also noticed, in my rare sojourns into shopping centres that window displays in bedding stores, are now featuring such quilts at sky high prices! They are even selling printed fabrics which look like patches sewn together. Perhaps I should start up in business!

## MOHAIR PREPARATION

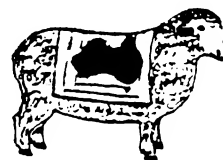
When compared with wool, mohair can be quite dry and lacking in lanolin and yolk and therefore be hard to spin. This can be overcome by using the following emulsion: Mix 250 ml (8 oz) olive oil, 125 ml (4 oz) hot water, 60 ml (2 oz) ammonia. Bottle and shake well. Tease the mohair out onto a few thicknesses of paper and spray it thoroughly with two tablespoons of the emulsion from an atomiser, turning over as you spray. Leave for a few minutes in the sun, roll up and leave a few days before spinning in the usual manner, when it will feed out perfectly. This preparation may be especially useful if you have scoured and dyed your mohair before spinning.

## FUN WITH FIBRE

Crafts people may like to mark in their diary the Canberra Spinners and Weavers second 'Fun with Fibre' weekend, to be held over September 25-28th 1992 at Narrabundah College in Canberra. The organisers have invited twenty textile artists to tutor over this weekend and they promise all participants, be they amateur or professional, a great weekend of socialising, learning and exchanging of ideas. The package which is being offered includes three days of workshops, with morning/afternoon tea and lunch being provided each day. In addition there will be a tutors' exhibition, a heritage textile exhibition, a trade hall and a celebration dinner on the Saturday night which will include a fashion parade of participants' creations.

Details can be obtained from the Secretary, 16 Durville Crescent, Manuka 2603.

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# FIRST FENCING

by Jill McLatchie, One Tree Hill, SA.

Eight years ago when we arrived at Puddleduck Farm it consisted of 20 acres of hilly, rocky land, a big dam, huge blue gums and an assortment of animals left by the previous owners who had gone overseas.

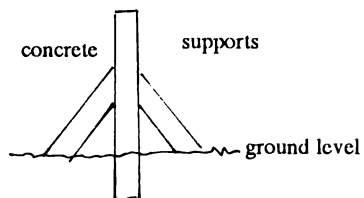
The first job we had was fencing. We had to try to keep our dogs and the animals apart. It wasn't helped by the fact that our two dogs, Sabre, a Shepherd cross, and Briagha, a Dobermann, were city dogs who thought all the animals were there for them to chase and eat. It wasn't long before we rechristened Sabre, Houdini. He could get through most fences even though he was blind. If the hole was too small such as with chicken mesh he'd just eat his way through the wire. If the wire was too strong to eat through he'd just pull it up out of the ground! I remember when my son and his friend spent hours lining the fence with huge rocks, only to find Sabre got through the fence in 30 seconds. Rolling away rocks was no problem at all!

Briagha couldn't go under fences or through wire, she just jumped over the top! We thought we'd fenced off the goose paddock adequately only to discover that Briagha could stand on a large rock and sail easily over to chase the geese. We had to erect bits of board and crudely tie them to the fence, we couldn't shift the rock.

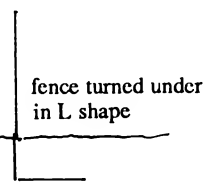
Sheep and lamb fencing seemed to be the answer for the dogs. Using star droppers 1½ metres in length and metal spacers to extend them. We put a double row of sheep and lamb fencing all round the garden. It took lots of time and lots of money. In hindsight it was not the best thing to do as eight years later the fence is loose and wobbly, bent over by cows and horses and in altogether poor condition. It was false economy to get 1½ metre star droppers, we should have invested in big ones. It would also have been a help to strain the wire properly. Corner posts should have been concreted in and properly supported, wooden or concrete ones would have been preferable. Also the wire should have been buried and turned in an 'L' shape under the ground.

When we had finally fenced off our garden area we thought our problems were over, but they weren't! Sheep and lamb fencing although too strong for Sabre to chew through has big spaces, quite big enough for ducks. They quickly discovered the delights of the garden, and just as quickly got eaten by those

## Correct Method for Corner Posts



## Secure Method for Finishing Bottom of Fencing Wire

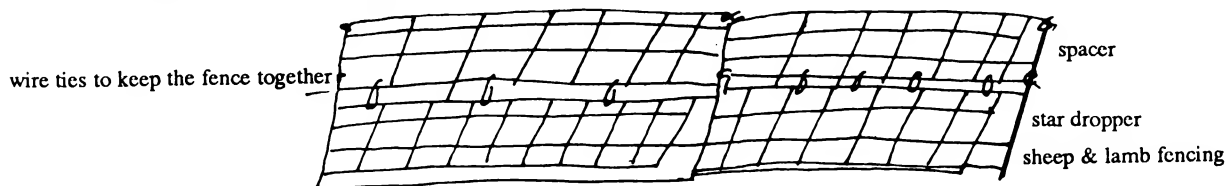


delinquent dogs! Chicken wire was put all round to stop them. Again cheap chook wire was false economy. The small tough mesh although more expensive initially was worth it in the long run. Cows quickly make holes through cheap chook wire. It also breaks off easily when they do this, risking them swallowing metal pieces. Cows also seem to put their feet through the large mesh wire. They are very strong as we quickly discovered. We had planted trees all around the dam and they must have looked very appetising. One of the Hereford cross cows put her head under the bottom wire as far as it would go. She then stood up and in doing so lifted all of the fence posts out of the ground. The herd was in! Over the top of the fallen wire and straight for the baby trees! It was such a job getting them out. Typical cows, they did not want to go back out the way they'd come in.

The cows also decided they liked the look of the grass in the chook pen. Once in, they panicked and decided that the best way out was not through the gate but straight over the top of the wire. If cows are scared enough I think they would go through anything. The result was broken, squashed-down wire all over the place. Again good strong corner posts properly concreted in and supported, strong small mesh chicken wire properly strained and fastened would have been a big help.

The answer to the cows lay in electric fencing, an investment which has been well worth it. We have a Gallagher MPE2 mains fence energiser and have run wire all round the farm. We picked up lots of insulators in farm sales, but have also bought some of the plastic posts and coloured electric fence wire. The result is a very versatile fencing system which is usually very effective. I say 'usually' because nothing seems to be perfect and it was not enough to stop a keen neighbourhood bull from jumping over to visit our cows!

## Make Do Fencing to Keep out the Dogs



## Eight Years Later

fence not tight, loose & wavy

horses bend down top to eat grass in garden

extender spacers bent over by cows

some have snapped off



ties in places have broken and cows put heads through

My vegie patch had to have its own dog, cow and poultry-proof bit of fencing. We found the dogs liked to eat the tomatoes and strawberries. The cows liked the greens and the chooks scratched up all the seed! We managed to fence out all of them using a combination of chicken wire, electric fence, barbed wire, metal garden wire, metal garden fencing and tin sheets! It does seem to be working though I think one of our high-flying roosters may well discover the way in.

If I've learnt anything over the last eight years it is to try to do the strongest possible fencing job at the start. We did not do this and as a result are continually patching up our previous poor efforts! Luckily Briagha has now developed tolerance towards the animals, Sabre has passed away and everything is much calmer than in those early hectic days.

### WORM WASTE DISPOSAL

To give you an idea of the efficiency of worms as waste conveniences, at the Sovadec Institute of Environment, France, a commercial waste disposal unit, solely worm driven, is handling 17,000 kg of unsorted household garbage every day. The worms do the sorting. It is a simple matter to separate the non-organics – plastics, cans etc – and the worms and castings. The system broadly consists of very large and deep metal baskets, suspended above the ground. The garbage is deposited on the top, with the worms constantly eating their way up, the castings building up below them. By this arrangement, the castings can be harvested from the bottom, without disturbing the worms. Daily production of worm castings is in the vicinity of 7000 kg.

### PLASTICS RECYCLING

ACI Petalite, Australia's leading PET plastics recycler, has developed a new 'R' recycling symbol, so that containers made from 100 percent recyclable PET, can be easily identified. ACI is confident that the 'R' symbol, depicting an 'R' in the centre of a circle, on PET containers, will help to increase the rate of PET currently being returned for recycling. Victoria, acknowledged as the best recycling state in Australia, is leading the way with a phenomenal 60 percent increase in PET recycling during the past 12 months.

Consumers are concerned about environmental issues but are confused by generalised labelling of 'environmentally friendly'. Consumers want proof of the environmental benefit of the product and the 'R' symbol is a clear indication of a container made from 100 percent recyclable PET.

The 'R' symbol also means that the PET container can be placed with other recyclables, such as the rocket-bottomed PET soft drink bottles, glass and aluminium cans, at kerbside for collection'. The 'R' symbol will be identifiable on all PET bottles to be recycled, with the exception of the familiar rocket-bottom soft drink bottles. ACI Petalite believes the 'R' symbol will strengthen the existing voluntary plastics coding system, 1-7. This was introduced by the Plastics Industry Association (PIA) and supported by industry two years ago. Draft government legislation will demand a plastics recycling rate of 25 percent by 1995 and the 'R' symbol will assist the plastics industry in achieving this goal. Householders who want to recycle their plastics can purchase any of the new range of PET packaged goods distinguished by the 'R' symbol.

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# COMPOSTING TOILETS

by Katherine Lustig, Kensington, NSW.

In an age when it is important to avoid degrading the environment we must seek alternatives to systems which do it harm. One detrimental system, well-established in Australia, is the water closet. Not only does it result in the waste of water (flushing a toilet can use up to 13 litres each time) and the pollution of oceans and waterways, but the treatment of sewage by conventional sewage treatment plants and the disposal of the effluent is also expensive and usually does not eliminate pathogens.

Several alternatives to sewerage systems now exist, including the well-known septic tank and aerated waste water treatment (AWT) systems. However, these two could, in the event of a mechanical breakdown, pose a risk to human health. Even when functioning normally they do not always eliminate harmful viruses and bacteria (aerated waste water treatment systems can even eliminate useful bacteria). Nor do they save water or prevent the discharge of nutrients such as phosphorous to the environment.

The last two decades have seen significant improvements in the design of composting toilets and several models are now available to cope with different expected uses. Such human waste disposal systems may save up to 30% of the usual amount of household water used, do not pollute the environment, pose far less threat to public health, eliminate viruses and non-beneficial bacteria, and are cheaper than conventional sewerage systems. If stored for the correct length of time and under correct conditions, pathogens will be destroyed, with one possible exception – the eggs of roundworm may survive the composting process, but will be killed once the compost is buried in the ground or stored in a compost bin. (Most water-borne sewerage systems, or on-site systems such as AWT systems and septic tanks do not eliminate adult roundworms or their eggs either.)

While other human waste disposal systems use water, the composting toilets function without any liquid apart from that excreted by humans. This is, in most models, evaporated by an electric heater or by solar heating. In a composting toilet, the waste drops down a chute into a composting chamber. Although



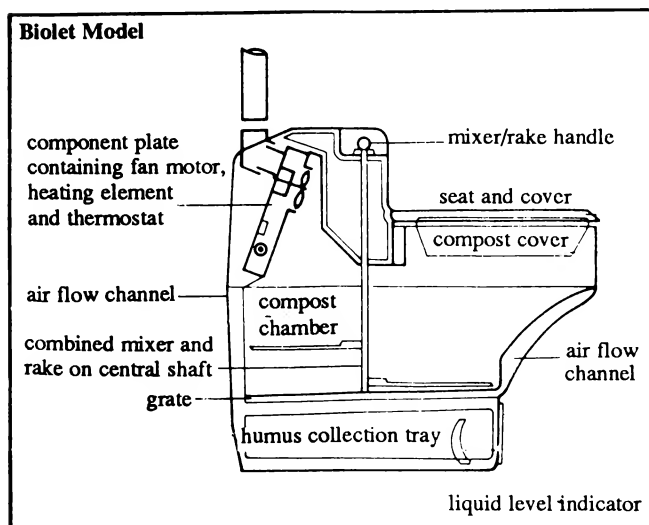
The Australian-made *Biolet* is a self-contained waterless toilet system that uses naturally occurring aerobic organisms to break down organic wastes into harmless humus reminiscent of garden compost.

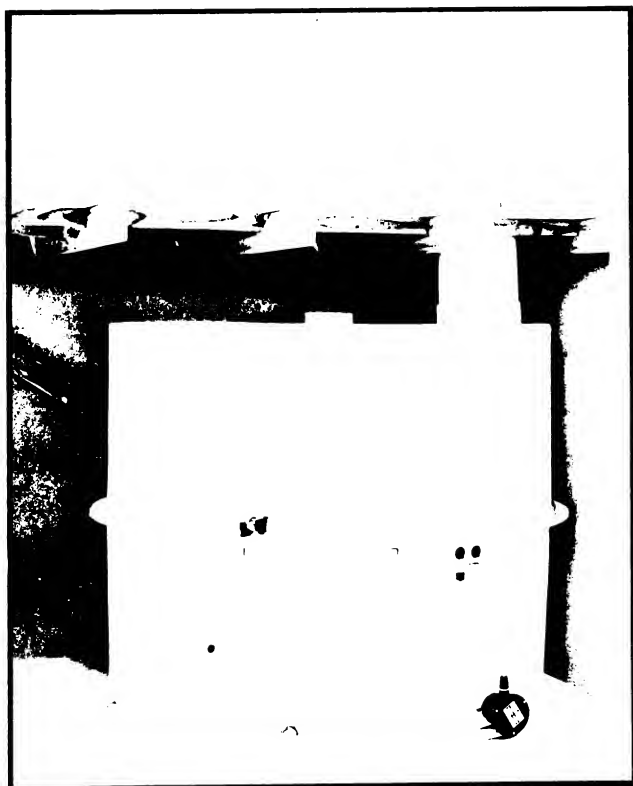
the waste is not flushed away there are no odours, as a fan operates continuously to eliminate them. This is certainly an advantage when compared with water closets.

The smallest model available is the *Biolet*. It is a self-contained unit, suitable for up to three persons in a permanent situation, or five people when used in a holiday home or weekender. This model requires the householder to run a crank once or twice a week, to mix and aerate the waste material and to rake the composted material through a grate to the humus collection tray. Once the collection tray is full, it must be emptied (this is necessary approximately every three months in a permanent situation). The emptying process by the householder takes only a few minutes. It is quite acceptable to handle the humus in this way, since it looks and smells like normal garden compost and all harmful bacteria and viruses have been eliminated.

Larger models include the *Rota-Loo* (for up to six people), the *Mini-Rota-Loo* (for up to four people) and the *Maxi-Rota-Loo* (suitable for a household of about twelve people or on public sites). The *Mini-Rota-Loo*, requiring only 900 mm (3 ft) under the floor is often used where it is difficult to have a space of 1200 mm (4 ft) under the floor, as is necessary with the standard *Rota-Loo*. There is also a solar powered *Rota-Loo* model suitable for use in situations away from a conventional power supply.

The *Rota-Loo* models consist of fibreglass chambers (four in the *Rota-Loo* and six in the *Maxi-Rota-Loo*) which are rotated once a chamber becomes full. Once all chambers have been filled, the waste will be fully composted and can be emptied from the first chamber through a hatch in the side. The *Rota-Loo* is normally emptied every four to nine months once





*Rota-Loo* has been designed to cater for year-round use by a family of five to six. The whole system is easy to maintain and needs emptying only once during every one to three years, depending on usage.

in regular use, but it will be over a year before the first chamber needs to be emptied. This emptying takes about 15 minutes.

Advantages of a composting toilet include the low level of maintenance when compared with other systems, (no maintenance contract or outside specialised involvement is needed), the possibility for the householder to leave it unattended for long periods, and the retention of phosphorus and nitrogenous compounds which can be used in the garden.

At present, the Health Departments in Australia do not allow composting toilet systems to be installed where a sewerage system already exists, even though composting toilets eliminate pathogens far more effectively. It is to be hoped that Biolets and Rota-Loos will be accepted for use in any part of Australia, in order that we might save money, reduce the risk to health and reduce the damage to the environment.

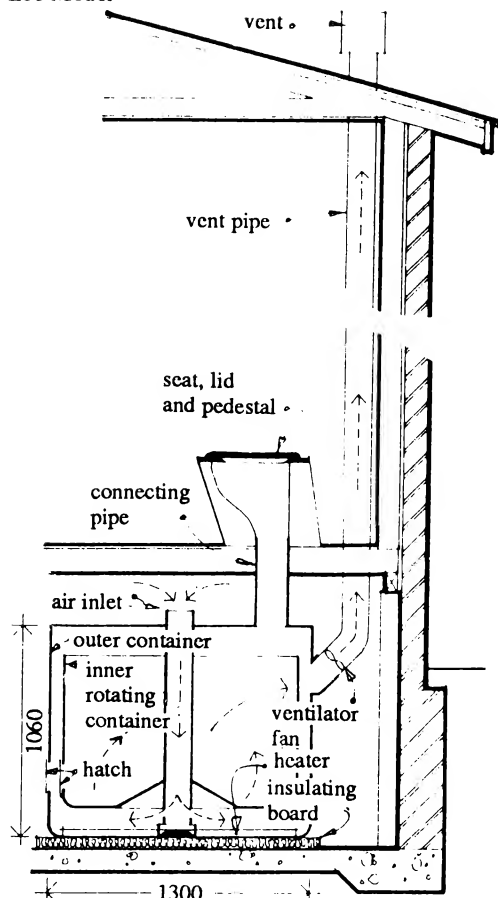
For further information, brochures and advice, contact Envirolloo, 15 Cottenham Ave, Kensington 2033, or Environment Equipment, PO Box 611, Mordialloc 3195.



Bricks around fireplaces will keep their bright colour if scrubbed with a solution of vinegar and water – strength will depend on the amount of grime to be removed, start with a weak solution and add more vinegar if needed. A more drastic method, but please wear rubber gloves: wash the bricks with 4 parts spirits of salts to 10 of water. Use a bristle brush, wash or hose off with cold water.

**Hylda Bracewell, Torrington NSW.**

**Rota-Loo Model**



## BLUNT NAILS, SURELY NOT

by Christine Taylor, Black Forest, SA.

I was horrified to see my son-in-law deliberately blunt a number of nails by tapping them with a hammer with the tips on a steel fence rail. When I expressed my horror he told me that this was the best treatment for nails that were to be used in thin timbers. A sharp nail is more likely to make the timber split because it acts like a wedge. It makes a small hole and enlarges it as it is hammered. A blunt nail will 'push' the fibres out of the way or push a sliver of wood the size of the nail ahead of it, instead. On this occasion my son-in-law was nailing down the quarter round after laying new carpet. He didn't split the quad at all. I was impressed. Since then I have discovered that it is better to use a blunt nail if it must be driven near to the end of a piece of timber, even one 5 cm thick. The wedging action of a nail used near the end of a piece of timber can act like an axe does when you split kindling. Another time when a blunt nail is better is when it is to be driven into Hardie board materials. The special nails available for this board do not have sharp points. Have a look next time you are in a hardware store.

## WOODCUTTING TIP

Try this method to saw up a felled tree without cutting through to the ground. Cut off all but one of the log's limbs. Then make deep cuts the desired length apart along the trunk, taking care never to get too close to the ground. Using the one limb that you left lever the whole log over and finish each cut from the other side.

# Taro in Australia

by Nick Romanowski, Colac, Vic.

Taro (*Colocasia esculenta*) is a member of the arum family with beautiful, tropical-looking foliage, edible tubers (the leaves of some varieties are also edible), and a preference for wet or even waterlogged soils. It is an ancient crop and may have been the first one cultivated in human history. 'Upstart' crops such as rice were probably first noticed as persistent weeds in the taro fields.

Taro probably originated in Asia, perhaps ranging from India to SE Asia, but is now widely distributed across Pacific countries and has also become a fairly important crop in some other tropical countries. The largest variety of taro recorded was found in pre-European Hawaii, where it was the major crop with about 180-300 varieties (many of the names may have been duplicates, so it's hard to be sure just how many there actually were). Today, Hawaii still grows and uses large numbers of taros, partly because of the old Hawaiian influence, but also because many of the more recent migrants to those islands originated in Japan, China and Vietnam, countries where taro also has important traditional uses. As a result of this importance, taro has been studied more intensively in Hawaii than anywhere else in the world. However, many of the old varieties are now gone and only about 60-80 varieties remain; this figure includes a few taros which were probably imported in recent times from other parts of Polynesia.

Those varieties which are still found are used in three main ways: As table taro (cooked tubers served and eaten without elaborate preparation), poi (mashed or grated tubers which were variously processed and perhaps partly fermented after), and luau (leaves of some varieties are good to eat once properly cooked, but may need the veins removed in the more acrid varieties). Luau were so important for feasts in Hawaii that the word has also become the name of the feast itself. Other uses for taro included kulolo, a sweet dish using coconut and taro cooked together, and many varieties were highly regarded as offerings to the gods whose capricious control of the Hawaiian volcanoes needed guidance from the humans who had to suffer the consequences.

The Hawaiians were highly advanced in their cultivation and understanding of taro. Plants were grown in upland conditions (irrigated or naturally moist soil), wetlands, or both, depending on how the best results could be obtained for each variety. The properties of each variety were well known. Only about five varieties were used for kulolo, perhaps 20 were important for luau. Poi was (and still is) an important food which came in many forms, sometimes made from a single variety of taro, or blended by specialists from fragrant fleshed and variously coloured tubers. Red fleshed varieties made the highly regarded red pois. I was disappointed to find that it would be both difficult to obtain the Hawaiian taros, and expensive to import them even if a permit was granted. At the time, I assumed that very few good taros were to be found in Australia. More recently I've had good reason to think again and I believe we may have a wealth of taro varieties in this country which has not been suspected. In the last 18 months, I've obtained about 15 varieties (perhaps more as some look superficially similar,



*Colocasia esculenta* – corms, leaves and suckers may be used for food.

but behave very differently when the plants have had a chance to mature). Once I realised how quickly a collection of really distinctive taros could be built up, I wondered how they got here; it didn't take long to work out the answer.

Hawaii has had a taro project and taro research for a long time, so the varieties there are well known and studied. On the other hand, who would expect Australia to hold a diverse range of this exotic vegetable? It is quite possible that Australia harbours as many taro varieties as Hawaii, perhaps even more, because we're right on the edge of many important areas for taro diversification and evolution. To our north lies Papua New Guinea, where some of the earliest agricultures known have been found. Yes they grew taro as their main crop! Not far to the north west lies SE Asia, probably the original home and centre of diversification of taros. To the north and east lie the many island groups where taro has long been established as an important food crop, and from where the early Hawaiians probably obtained their own original stocks. All of these sources have contributed to the taro varieties available in Australia.

Even before European settlement, Asian visitors appeared regularly along our northern shores. Apart from fishing they also traded and the settlements they made were used regularly for hundreds of years. To provide a few of the tastes of home they planted the crops familiar to them in Asia. For example, ancient tamarind trees are not only fairly common in northern Australia, but are used by archaeologists to locate sites of old

Since white settlement, taros have been brought into this country from many Polynesian countries during the blackbirding era (a polite term for slaving), by the Chinese during the gold rushes, and more recently by various ethnic groups such as Maltese and Vietnamese immigrants. Australia may have the most diverse range of taros in the world. For this reason, I have organised an Australian Taro Project (ATP). The name is borrowed from the original Hawaiian Taro Project but emphasises our local focus.

If you wish to contribute plant material to the collection, remember that even quite similar looking taros can be very different in behaviour, yield and in different climates. For example, we have several rather ordinary looking green leaved taros which grow in very different ways and may be suited to dissimilar climates, watering regimes, etc. If you wish to send plant materials for identification we would like, (a) a young leaf and a mature leaf pressed in newspaper and sent while fresh and (b) a small, well-rooted sucker for growing on in controlled conditions to compare to other plants in the collection. The reasons why we only want small plants are that large suckers can cost a fortune to post (a little one wrapped in moist newspaper, then two plastic bags, can be sent for between \$2-3 by surface mail), and we are already running short of space for taros in the igloos reserved for them. As we will ultimately have to grow each tiny sucker up to a 30-45 cm pot to complete the data we don't want too many at a time.

In the meanwhile, we are putting out a newsletter, which is free to serious growers of taro. The first issue covers the history of taro, some varieties in Australia, and uses diagrams to show

Taro has great potential as a basis for an organic growing 'industry'. It's relatively pest-free and very productive if you have a suitable water supply. (Most taros grow well with regular irrigation, but some must be grown as wetland plants). In Australia demand isn't high at present, but this could easily be changed with co-ordinated promotion on a small scale. The small grained, non-allergenic starch has exceptional potential as more than just food. While the desirability of taros is being gently promoted, small-scale growers could be building up stocks of the promising varieties without much outlay of cash or effort. Taro isn't just the most ancient vegetable humans have grown, it could also be a major crop for the future.

[illegible]

The largest study ever done of Western diet and colon cancer has found that the more red meat and animal fat that people eat, the more likely they are to develop this deadly cancer. Although scientists had strongly suspected that diet was an important factor in determining who got colon cancer, previous studies had not conclusively shown that red meat and animal fat by themselves could lead to the cancer. In a new study, published in *The New England Journal of Medicine*, USA, researchers asked 88,751 women aged 34 to 59 to fill out questionnaires describing their diet and medical history. The women, all nurses, were followed for six years, during which time 150 of them developed colon cancer.

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# LOW INCOME LUXURY LIVING

Part II

## Delectable Desserts

by Marja Fitzgerald, Mongogarie, NSW.

Sugar is bad for us, we're told. We don't need it. Maybe so, but I love something sweet to finish the evening meal and for the occasional snack. So I've compromised. By not using sweetening in hot drinks such as herbal and ordinary teas and coffee, my taste buds are not constantly bombarded with sweetness. As a result I appreciate sweetness in desserts more and need less for effect. At first I missed the sugar in drinks, especially coffee, but I soon learned to appreciate them for their own flavour. Nowadays I find sugar spoils the taste of the drink. White sugar is bad for you because the original nutrients have been removed, leaving nothing but sucrose. To digest it the body has to call on nutrients obtained from other foods. Brown sugar is healthier than white or raw, as it contains more of the original diversity of the nutrients of sugar cane. For uncooked desserts honey is healthiest, but cooking breaks down its sugars and lessens its health benefits. Most recipes contain too much sugar. If I'm trying a new recipe, I generally use two-thirds of the given quantity of sugar, less if it still seems a lot.

Another modification I make to recipes is in the flour content. I never use any but wholemeal flours and if a recipe requires self-raising I make my own. Commercial baking powders contain an aluminium compound. Quite apart from the link between aluminium and Alzheimer's disease, I hate the taste. I'll follow with some of my favourite dessert recipes, but first, how to make your own baking powder.

### BAKING POWDER

bicarbonate of soda  
cream of tartar  
cornflour

Place two spoons cream of tartar, one of bicarbonate of soda and one of cornflour in a bowl. Repeat till you have the required quantity. It's best if you only make the quantity you will need for the next week or two, though I use it for longer (but then, I'm slack). Store your baking powder in a glass jar with screw-top lid and keep in a cool corner.

To make self-raising flour add two teaspoons of baking powder for each cup of flour. The best way to do this is to add the powder to a little flour in a cup, mix well, add more flour till the cup is two-thirds full and mix again. Then add this flour back into the rest of the flour in the bowl and mix thoroughly.

### APPLE CRUMBLE

4-5 medium green apples  
 $\frac{2}{3}$  cup wholemeal flour  
 $\frac{1}{2}$  cup corn meal  
50 g ( $1\frac{1}{2}$ -2 oz) butter  
 $\frac{1}{2}$  tsp cinnamon  
pinch nutmeg  
 $\frac{1}{2}$  cup brown sugar  
 $\frac{1}{2}$  cup liquid (homemade beer or water)

Stir flour, corn meal, cinnamon, nutmeg and sugar together till the sugar is distributed evenly. Rub in softened butter till the whole has a breadcrumb-like texture. Set aside.

Grease an oven dish roughly 20 cm (8 in) square or round.

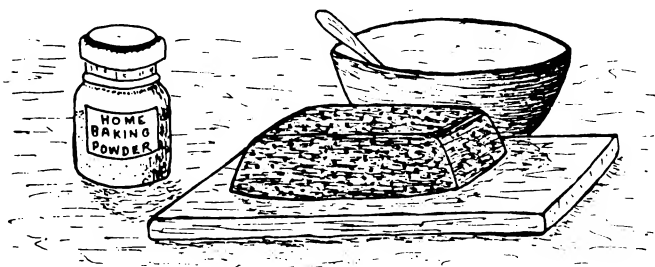
Peel and dice apples, place in dish. Add liquid. Sprinkle flour mixture evenly over the top. Bake in a moderate oven till the top turns light brown – around 45 minutes.

### EASY FRUIT CAKE

500 g (1 lb) sultanas  
2 cups (loosely filled) pitted prunes  
 $\frac{1}{2}$  cup brown sugar  
zest from 1 unsprayed citrus fruit, if obtainable  
 $\frac{2}{3}$  cup rolled oats  
enough beer or juice to cover ingredients (if using sweet juice, use less sugar)  
3 cups wholemeal flour  
6 tsp baking powder  
 $\frac{2}{3}$  tsp cinnamon  
pinch nutmeg  
1-6 eggs (depending on supply)  
glace cherries (optional)

In the morning pit the prunes then place with sultanas, sugar, zest and oats in a large jar. Cover with liquid, soak for about 6 hours.

Mix baking powder, cinnamon, nutmeg and flour together. Lightly beat eggs in a large bowl, add contents of jar, add cherries if using. Mix well then stir in the dry ingredients. Mix thoroughly. Put into two greased loaf dishes or equivalent and bake in a moderate oven for two hours.



### REAL STIRRED CUSTARD

This is a good way to use up some of your glut of home grown milk and eggs. It goes well poured over fruit cake or apple crumble, or with fruit topping or cream.

$1\frac{1}{2}$  litres ( $2\frac{1}{2}$  pt) milk  
5 eggs  
 $\frac{1}{2}$  cup cornflour  
 $\frac{1}{2}$  cup brown sugar  
2 tsp vanilla essence

Lightly beat the eggs and vanilla with the sugar and  $\frac{1}{2}$  cup of the milk. Add a little milk to the cornflour in a mug and stir till all lumps are gone. Add more milk till the mug is nearly full and stir till smooth. Heat the rest of the milk till near boiling point (the stage where little bubbles start to rise). Stir in the egg mixture while continuing to heat. When this thickens slightly as you keep stirring, and before it boils, slowly stir in the cornflour. Heat a few minutes longer, stirring constantly till the custard thickens.

This custard can be made with more eggs and less or no cornflour. My tastebuds find the egg flavour then becomes overpowering, but yours may be different.

## PIKELETS MARANGAROO

- 3 eggs
- 1 tsp vanilla
- 2 large tbsp treacle (or molasses if debittered)
- 1/2 cup oatmeal or rolled oats
- 1/2 cup wholemeal flour
- 1/2 cup cornmeal
- 1/2 cup sesame seeds
- 1 1/2 cups milk

Beat 3 eggs lightly with vanilla, treacle and 1/2 cup milk till well mixed.

Mix together the flour, meals and sesame seeds. Add egg mixture and remaining milk, stir till smooth, leave to stand for an hour.

Heat olive oil in pan. Put in a tablespoon of mixture per pikelet, not allowing them to touch in the pan. When light brown, turn over. (You have to lift one to see if it's light brown underneath). Continue cooking batches till mixture is used up, renewing oil as needed. This makes enough for four hungry people.



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## BOTTLED LIGHTNING

A Melbourne company is backing an Australian scientific breakthrough in the destruction of toxic waste. The first 'Plascon' waste destruction unit at Nufarm Limited's Laverton North manufacturing plant was commissioned recently. The pilot unit positions Nufarm at the forefront of the international chemical industry in relation to waste management and the technology, developed by CSIRO's Division of Manufacturing Technology and Siddons Ramset Ltd, has enormous export potential for Australia. As well as minimising waste production, the technology will assist in the production of a higher quality finished product.

The Plascon project is an excellent example of industry collaboration and has already gained international recognition. The technology has been nicknamed 'bottled lightning' by the CSIRO. Plascon comes from a philosophy that it is better to treat waste as it is made during the manufacturing process rather than afterwards, when it presents potential storage and transport hazards. A Plascon unit can be installed as part of a factory's production line, eliminating the need to store wastes and transport them to an incinerator. Alternatively it can be made portable – about the size of a shipping container – to be brought in when needed. The waste is destroyed in the 'plasma' created by an electric arc. The process generates temperatures of up to 15,000 degrees celsius, breaking down toxic substances into safer compounds which can be recycled or disposed of safely. The pilot plant at Nufarm would undergo a series of industrial trials supervised by Nufarm and CSIRO technicians.

For more information contact Robert Reis, Nufarm Corporate Affairs Manager, ph: 03-282-1000, Rae Robinson, CSIRO Division of Manufacturing Technology, ph: 03-487-9217 or David Mussared, CSIRO Public Affairs Unit. Ph: 06-276-6478 (w), 06-247-3545 (h).



## ECONOMICAL MITTENS AND SOCKS

Start with a shrunken, outmoded, or otherwise unwearable wool or cashmere sweater (the kind you can obtain very inexpensively at op shops). Turn the garment wrong side out, lay it out on a flat surface and place your hands one at a time on the double thickness of material (right hand on the sweater's right side, left hand on the left side) so that the ribbed waistband will form the cuff of your mitten (allow plenty of length to go under your coat sleeves). Trace around each hand with a pencil or pen. Next sew along the lines you've drawn. Then cut the mittens out of the sweater, about 1 cm beyond the stitching. To prevent ravelling, bind the edge with a 2 cm wide strip of nylon tricot that you've cut from an old slip or pair of undies. (Tricot makes a soft, thin binding that stretches and won't fray.) Turn the mitten right side out and it's ready to wear!

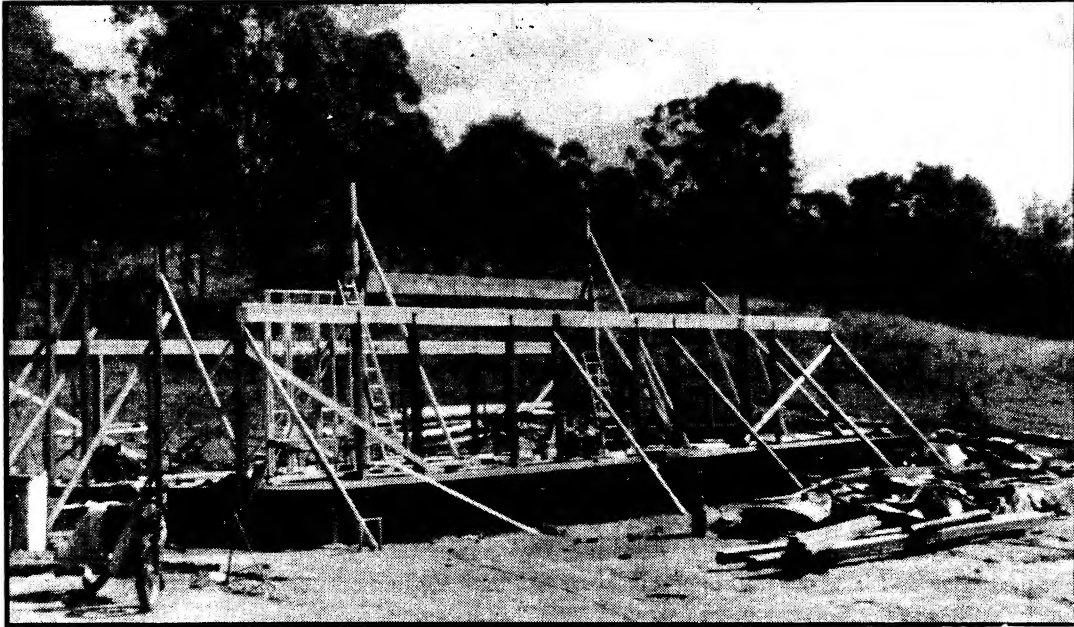
For socks to match, sew the armhole (body) end of each sweater sleeve closed in a curved shape. Cut and bind as you did the mittens, then turn them right side out. The ribbed sleeve cuffs are now the tops of your cosy new socks.

## FOAM FOOT WARMERS

If you suffer from cold feet in the winter cut some styrofoam meat trays (the kind supermarket meat is packed in) to the shape of your shoes or boots and line your footwear with them. This puts an insulating layer between your feet and the cold ground.

# BUILDING A KIT HOME

by Peter & Marj, Daylesford, Vic.



The frame under construction. What a job getting those large beams up!

We started building our second home when the suburbs began to encroach on our paradise. We found our new paradise and the price was right so we started the move and the planning. We looked at a number of different kits and what we found was that for the money that we had to spend some of the kits were only the basic outside, others were extremely small, others had hallways and lots of wasted space, some only came in brick. After discussion we decided to stay with the company from which our first kit came. It gave us an environmentally compatible kit with all interior lining, so all we had to purchase was extras such as basin, sink, laundry trough and stove. This company provided all nails, screws, clamps, cramps, insulation, sisalation, damp course and all the information to be able to put the kit together. They require you to check that all timber has arrived before you start to put it together. They have a workshop and several demonstration nights for owner builders and their back-up services are very good.

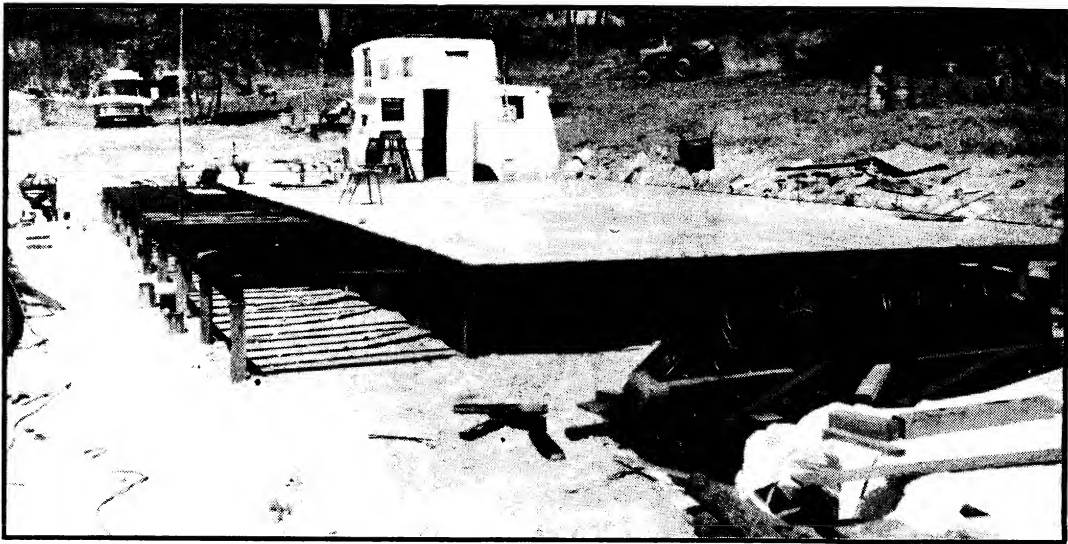
Next we needed a planning permit, then building permit. We decided to go for a house and shed permit, so the paperwork went into the council for approval. A letter was sent off to the SEC to find out what they required, also a letter to Telecom requesting the phone connection. With all of this in the pipeline we sat and waited. The mail in due course brought us the permit, then a letter from Telecom saying they required a building permit number, which was duly supplied to them, so that they could go ahead. The quote for SEC was estimated at \$11,500, so we went for alternative power, and that was no hardship, we had done it before. The shed was delivered and we started the foundations. After much use of pick and shovel and crowbar we finally got the job done and organised an inspection. It decided to rain and fill all the holes, the sides crumbled and where we had needed to use crowbars to dig was turned to a wet sloppy mudhole. Frantic phone calls to council, frantic bailing of holes and the go-ahead was given to carry on

and finish the foundation. We continued with the shed and after the frame was up and rock solid, next came the cladding, then the roof, guttering, ridge capping and the sliding door. Inspection organised. We waited, but finally had to go out. When we got back we had no idea whether the inspection had been carried out. Upon phoning council we were told that the inspection was complete.

After many delays, trials and tribulations and finally, after having to renew the permit, the house kit was organised and finally delivered. For the next few days we went through the manifest measuring and counting with, 'Yes this is right, no that's not here, no that's not right'. With the manifest sorted we made phone calls to right the wrongs and finally, yes you've guessed it, the house site was plotted and the first of the 60 plus stump holes was started. At that time of year the ground was even more solid than rock and were it not for a very special tool, the footings would never have been done. A week later a very exhausted husband on the end of a vibrating jack hammer had won through and completed those stump holes.

Peter then went to council to organise for inspection. After anxious moments and frantic last minute clean-ups the day arrived for the inspector. He arrived, and closed the first gate, but he left the second gate open, arrived at site and started to introduce himself saying, 'Oh I've left the gate open, I couldn't see any stock, hope that's okay.' Well yours truly hit the roof and really blasted him, with Peter trying vainly to hush me. I stormed off to shut the gate. When I returned the inspector was just getting into his car, to head off. The holes had passed. The inspector got to the first gate, just as he opened it the goats came trotting over to the night yard to get a drink, thereby showing him that they existed.

With that hurdle over, we had to put the stumps in and continue with the building, but Murphy was about to strike again. It rained overnight, so guess what our next job was,



Foundations and house floor are complete with verandah decking still to come.

bailing out the holes. Once this was done, Peter pushed on with the stumps and finally, one week and a half later, they were done. Next came the bearers and once they were done, the joists. After holes, stumps, joists and bearers were in the next job was the plumbing. That's right, it's a lot easier for the plumber to put in the under-house pipes with no floor on than to try to crawl around in a gap of 30-40 cm (12-15 in). Peter carried on marking out where rooms and posts had to be and the creosoting of the sub-floor structure was completed. If you use creosote, make sure of several things: wear very old clothes and gloves, the person painting the creosote should wear goggles and be at least two days ahead of the other person putting the creosoted parts into place, do not work in the heat of the day over the top of creosote (the UV of the sun is intensified and you can be very


severely burnt).

Next came the laying of the floor for the house, we coated the floor to protect it from severe rain damage. Next came the posts around the perimeter, then the verandah decking making the work along the front of the house easier. Then the bressimar had to be constructed and hoisted into position. All of this had to be braced to stop it falling. Then onto a job that I was dreading, but with Peter's ingenuity it wasn't as bad as I thought it was going to be - section by section up went the front beam, then the back beam, then the main centre ridge beam. Each section is about 6-8 metres long and 10 cm wide by 30 cm high and there are four of them across the full length of house and carport. These beams rest on load bearing points. The bressimar at either end takes most of this weight until at a later stage the log walls go into place.

Next came the rafters, these go from the edge to the centre on either side and they must be cut and shaped and put into position. Peter's ingenuity came to the fore again as the timber that was provided, while of the right kind, was of poor quality because of twists and warps in it. Peter however managed to get them into place. Next came the purlins for the house.

At this stage we had a visit from my parents from Adelaide who stayed with us for a week. Dad and Peter worked like slaves to get the beams, posts and purlins over the carport. This was no mean feat because the beams had to go in first, and literally hang in mid-space. The posts then had to be lifted, marked and cut, then put into place. This was done with ladders tied to sky hooks and a lot of guts and determination, but by the time our folks went home the basic house frame was completed. All that was now needed was for the purlins to be completed and a frame inspection from our building inspector. His visit was arranged for the Friday and late on Friday afternoon he turned up commenting on the fact that he had closed the gates this time. He was quite appreciative of Peter's efforts in getting the house square, and that certain other structural implementations not normally called for were already done. The roof and walls could go into place and the next inspection would be at lock-up stage. So that's where we leave this little lot. The next bit is not so easy. It's the roof and it's a long way down from up on top.

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
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# BRITISH WHITE CATTLE

by Ernie Clare, Caboolture, Qld.



The British White is one of the oldest cattle breeds in Britain. Its origins are lost in antiquity, however the fact that it is naturally polled suggests some Scandinavian influence in its breeding. Contrary to what this may lead you to expect the breed is extremely versatile and hardy and possesses characteristics which make it very suitable for Australian conditions.

## BREED DESCRIPTION

British White Cattle are very attractive looking animals having a white coat on dark pigmented skin (thus little risk of sunburn or cancer) with black points, viz muzzle, nose, ears, eyelids, teats of cows, rudimentary teats of bulls, legs with a splash of black or flecking up each fetlock. Black hooves and black tongue are desirable characteristics. They have a very docile nature and are extremely easy to manage, have a good milk supply as any dual purpose animal, good mothering ability and will readily accept other calves. They are ideal cattle for the small acreage farmer.

## ATTRIBUTES

### Efficiency

British White Cattle are excellent foragers with an ability to convert lower grade pasture to maintain body weight and rear calves with very good food conversion rates. Cows are of medium size, 500-600 kg (1100-1300 lb), therefore not needing a lot of feed for body weight maintenance. Bull trials in Britain and steer trials in the USA show the British White holding their own against other breeds and mostly being ahead of them in weight gain and feed conversion efficiency. For efficient beef production the breed has a high weight gain with low back fat and produces high quality meat.

### Mothering

Females have excellent mothering ability, incorporating the nursery system of protecting groups of calves by a guard cow whilst the rest of the herd graze. Cows normally calve easily and the calves are born with great vitality and are usually on their feet within 15 minutes of birth.

### Health

British Whites have very good health records and seem to have

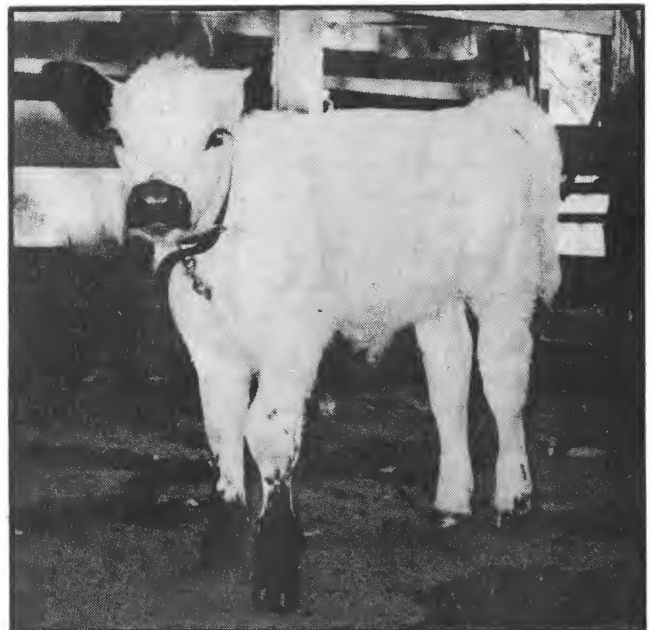
a natural resistance to tuberculosis and viral pneumonia. The breed is also recognised for its free movement and walking ability, also the strong black hooves rarely cause any problems and the black teats rarely get sore or sunburnt.

### Heat Tolerance

They have a high degree of heat tolerance and frequently sit or lie in the sun whilst other cattle seek a shady position. Their ability to withstand above average heat points to the breed being ideally suited to Australian climatic conditions, particularly our northern cattle breeding regions.

### Genetic Dominance

The British White is prepotent in a number of areas, one being the colour marking ability. A high incidence of true colour occurs in cattle with less than 25% of British White blood. This



Bull calf showing the characteristic black points on nose, ears, eyelids and feet and some black flecking on fetlocks.



A young bull, 21 months, pictured at a show in England. The breed produces a good carcass with low back fat.

characteristic is of great benefit in regions where cattlemen prefer white-haired stock for sun reflection with the added advantage of the dark skin pigmentation. Longevity is a feature of the breed combined with excellent breeding records. The incidence of twins being one of the extra benefits. The British White is one of the few breeds in the world having a natural high percentage of twins per head average.

#### **Temperament**

With a good temperament and showing a high degree of intelligence British Whites in general are excellent to handle in the field or yards and at close quarters. Breeders wishing to prepare stock for shows will appreciate these attributes when feeding and handling under stall conditions.

#### **Milking and Growth Rate**

The milking ability of cows and growth rates for calves are

proven to be very satisfactory. In trials several pedigree calves averaged 1.07 kg daily liveweight gain up to 168 days. Calves from British White crosses averaged 1.13 kg daily liveweight gain up to 176 days.

Until the late 1960s British Whites were mostly kept as dairy cattle. Although they are now kept almost exclusively for beef production, official milk records show the breed to have been very acceptable as dairy cattle. In the 1930s average yields were 3800-4000 lt (850-900 gal) at 4.5% butterfat, with individual yields of up to 7700 lt (1700 gal) more recently.

This all adds up to a hard-wearing, long-lived animal which is economical to keep, easy to handle and certainly worth considering by anyone interested in keeping a rare breed.

For further information on the breed please contact: The Secretary, The British White Cattle Society of Australia, GPO Box 4317, Sydney 2001. Ph: 02-331-9111.

## WORLD CLEAN UP CAMPAIGN

The United Nations Environment Programme (UNEP) has entered into an agreement with an Australian community environmental group, Clean Up Australia, to develop the Clean Up the World campaign in 1992 in an effort to promote the 'think globally, act locally' message. The campaign, which will involve 100 cities and towns around the world holding community clean-up campaigns as part of a co-ordinated global effort, aims to focus international attention on the role individuals can play in managing global environmental problems. Cities and towns in both the developed and developing worlds will participate in the project.

It is planned that Clean Up the World will be held over a three day period from Friday 18th – Sunday 20th September, 1992 enabling participation by all international groups.

Clean Up Australia will develop, co-ordinate and promote the world clean-up campaign with headquarters based in Sydney, Australia. Once sponsorship funding is secured, regional co-ordination offices will also be established in

America, Europe, Asia and Africa; UNEP's regional offices will also assist in distributing information. Clean Up the World is currently compiling a list of groups interested in participating in this worldwide effort. Interest has been expressed by community and environmental groups in Canada, Chile, Egypt, France, Hong Kong, Japan, Kenya, Kuwait, Mauritius, Micronesia, New Zealand, Sweden, Thailand and the United States, as well as Australia. The campaign involves volunteers working together to clean up garbage and refuse at designated sites. These sites are chosen because they need attention and are often areas such as beaches, waterways, parklands and roadsides. Clean-ups are not simply about litter removal but focus community attention on a wide range of environmental issues, including waste reduction and recycling, water pollution, health conditions and ways in which new technologies can be used to help turn around environmental problems.

Kim McKay, Director. Ph: 02-552-2255 or Giselle McHugh, Project Co-ordinator/Emily O'Neil – Asst Co-ordinator. Ph: 02-692-0700.

# REPLACING ZIPS IN JEANS

by Elsie Hoare, Berwick, Vic.

'The zip in my jeans is broken. Will you put a new one in them for me?' Those words always used to be greeted with a groan at our house. Replacing a zip has never been my favourite job, but unless I'm prepared to tackle it (or come across with the money it costs to have someone else do it) a good pair of jeans will be out of action. It was when one enterprising member of our household punched holes in the fly opening and laced his jeans up with a shoelace that I finally faced my phobia, took a good hard look at the fearsome zip, and called its bluff, discovering behind its complicated looking facade a perfectly straightforward job; simply that of unpicking the stitches and putting the new zip in *exactly* the same place as the old one had been. The secret is in knowing where to start and in being armed with the right tools and sufficient time (about an hour) to spend on the job. So if you have a pair of disabled jeans lying about the place and would like to get them on the road again, grab your work basket, a spare zip as long as or a bit longer than the old one, and go through the following steps.

## DISASSEMBLE

To begin with you should have a good light to unpick by; sunlight beats electricity every time.

Using sharply pointed scissors or an unpicking tool, take out only as much stitching as is necessary to release the zip; that is about 5 cm of the waistband where the zip disappears into it, down both fronts and the bar-tack bit at the bottom of the crotch. If the top of the zip-tape is caught up in the waist press stud you will have to snip the tape to free it. The double row of stitching which is usually in a contrasting colour and outlines the fly section serves the purpose also of holding the top facing, on which the zip is mounted, in place. You will need to unpick this decorative stitching also, to allow access to the facing.

Take careful note and mark with a pencil or taylor's chalk the spot where the metal stop at the base of the zip fits as that is where you must put the corresponding stop of the new zip.

*Don't throw your zip away yet!* Mark the stitch holes on it so that you can see them clearly then copy the stitching line onto your new zip.

When you have finished all unpicking you will discover that your fly is one of two types: either the underfacing on the right hand side is cut in one piece with the front of the jeans or it is

a separate piece and has come out with the zip. The former makes things easier but if the latter is the case don't panic. In either case take your pencil or taylor's chalk and mark all newly unpicked stitch lines so that you can match them up accurately when it comes time to put them together again. Experience will enable you to do without this step but for your first attempt at replacing a zip you will find it helpful.

## REASSEMBLE

If you are sewing your zip in by hand you will need a strong needle which will be disinclined to bend, strong sewing thread, (No 40 is best for denim) and a thimble.

When using a sewing machine I have always found that a size 14/90 mm needle can cope with the work providing I coax the machine along by turning the wheel gently by hand when I come to the thickest bits at the waistband. To do this you must stop when you feel any resistance which you think might break the needle and gently try again in a spot a fraction further along.

### Fly Opening Type A

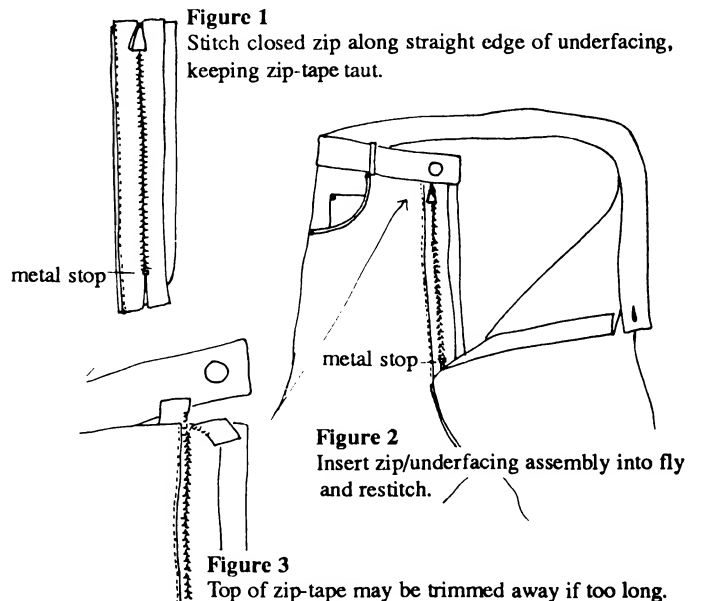
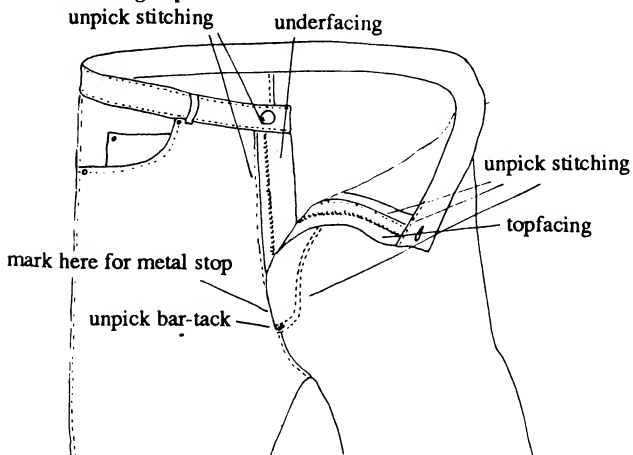
(Zip underfacing cut all in one with front of garment.) Pin the closed zip in place, matching up the marked stitch holes and having the metal stop at the base of the zip in the place that you have previously marked. Tuck the zip-tape ends down into the crotch and stitch along the outer edge of the zip-tape.

**Dressmaker's tip:** To avoid the buckled appearance that often happens with zips, *stretch* the zip-tape into place, but do not allow the fabric to which you are applying it to stretch. This is not to say that the underneath fabric should be gathered but rather that it should be just slack while the zip-tape is taut.

When you have pinned the zip in place, if it is too long, open it, cut the tape off level with the top edge of the jeans front, tuck the underfacing, with zip attached, up into the band until it comes to its original position and restitch the band in place.

**Warning:** Once you have cut through the zip teeth, thus removing the metal stop at the top, don't close the zip again until you have restitched the band or the slide will come off the teeth and you will be in big trouble.

### Disassembling Zip



Complete the other side of the zip following the directions at the end of Fly Opening Type B.

### Fly Opening Type B

(The one that fell apart when you unpicked it.) Take the piece that fell out (the underfacing) and stitch the closed zip to it, stretching zip-tape; matching all markings. That is usually with the zip-tape edge and the facing straight edge together, and the metal stop at the bottom of the zip three or four cms up from the bottom of the facing piece. Stitch along the long, straight edge (figure 1).

Place the zip and facing assembly back into the fly opening and pin it, matching stitching lines, waist seam allowance and all other markings etc. When you are sure you have it in the right place stitch it (figure 2).

Open the zip, tuck the top ends of the zip and facing into the waistband. Cut the zip-tape to fit if necessary, observing warning in Fly Opening Type A instructions, and stitch waistband back into place (figure 3).

That side is done. Now move to the other side, the top side, which covers the zip when it is closed.

### To Complete Both Types of Fly Opening

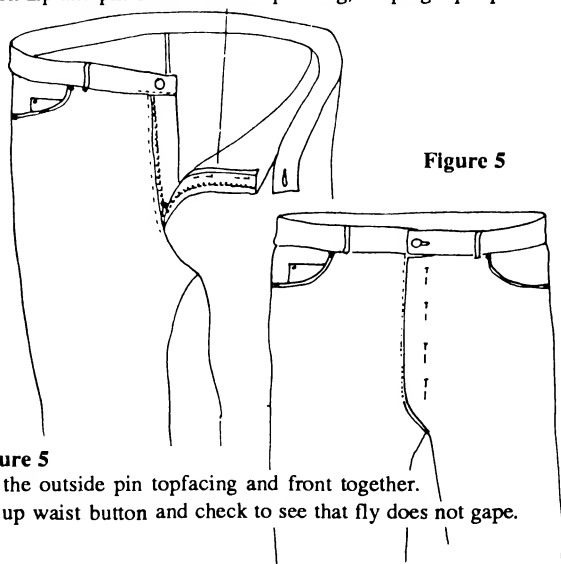
Open the zip and pin the unstitched side to the top facing with right sides together (figure 4). Match the marked stitching lines but be careful not to confuse the decorative stitching lines with the row of stitches that are meant to hold the zip in place. They do not often do the same job.

Close the zip, do up the button at the waist and place the jeans on a flat surface. Arrange the top facing so that when it is stitched in place it will not gape. Pin it in place temporarily (from the outside) to the front of the jeans (figure 5).

Check to see that everything is properly aligned and the zip works. Take out the outside pins, releasing the facing again so that you can work on it, undo the waist button, open the zip and sew it into place as you have pinned it (figure 6).

**Figure 4**

Open zip and pin other half to top facing, keeping zip-tape taut.



**Figure 5**

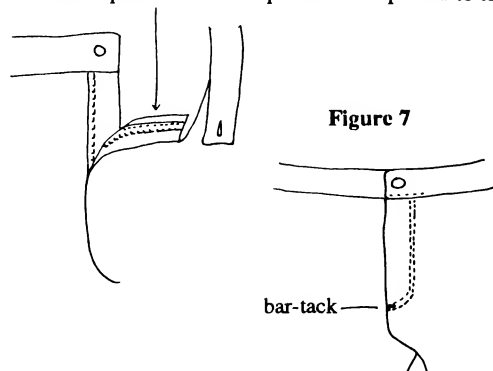
On the outside pin topfacing and front together. Do up waist button and check to see that fly does not gape.

### To Resew Decorative Stitching

If you are happy with what you have done so far, repin the outside front of the fly to the facing and with a contrasting thread that matches all the other decorative stitching, sew in the two parallel rows that frame the fly (figure 7). Start at the lower

**Figure 6**

Remove outside pins and stitch zip where it is pinned to topfacing.



**Figure 7**

**Figure 7**

Repin topfacing with zip attached to front. Resew decorative stitching and bar-tack. Finally, replace waist band.

end in the crotch area replacing the bar-tack and any other stitches that have not been done but *watch it!* If you have placed the metal stop too far down your needle will not survive to complete the job, so ease the machine very carefully over this spot by turning the wheel with your hand until you are sure you've passed the danger zone. If the metal stop is in the way, lift the foot and move the work on a little until the needle will go down properly.

When the decorative stitching is finished and the facing stitched in place it's time to replace the band. Open the zip, trim excess teeth and tape away at the top if necessary and tuck the front of the jeans back into the waist band. Stitch the band down.

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# Cider Vinegar and Migraines

by Marly Wright, Maryborough, Vic.

I have suffered from severe migraines since I was seven years old. They have ruled and dominated my family and my social life. When they first started I was told, 'Children don't have headaches'. But that did not stop the pain! I used to sneak Aspro strips from my grandmother's drawer, but they didn't touch the pain. Well, I grew up with my migraines. They had no pattern and very few warning signals. I was sent by my doctor to the migraine clinic in London for help and was under them for four years, taking the train every month for checks and tests and new tablets. I think I have been on every known migraine tablet, including a few controversial ones. Each bottle was unlabelled and there was an assortment of sugar pills added to keep life interesting. I was always told what they were when I kept taking them back each month saying, 'They didn't help'. After four years the only answer they could come up with was that I did get extremely painful migraines, they had no known pattern and there was nothing else to try out on me. The cause was possibly stress and tension and maybe because I was born left-handed, but was punished at school if I did not use my right hand. As I had been taught to read and write before I started school the stress upset the natural order of the brain resulting in migraines. Apart from that they couldn't help me.

In 1973 we went to live in new Zealand and I was put through as many departments of the Auckland Hospital as was conceivable at the time, but they couldn't help me either. Then chiropractic help was sought, but all they could find out was that I had a twisted spine and any manipulation made my migraines even worse. Pethidine injections were the only treatment that relieved some of the pain and were given when a migraine became unbearable.

In 1981 when we came to live in Australia my new doctor suggested hypnosis and started right away. That was really great. I enjoyed it so much he had trouble getting me out of it, but it didn't help my migraines, so it was back to the faithful Pethidine. We moved up to country Victoria in 1982 and after a few years I was asked if I had tried acupuncture. With all the pain in my life I was ready to try anything. After about 3 months my migraines took to a pattern; the pain became lessened, but occasionally a really bad one crept in and it was back to Pethidine (but only if the pain was intolerable). I was assured that it could take a while, due to my having had them for so long, before finding a treatment that could actually upset this monster. I was also having acupuncture for severe sinus, which was totally gone after 3 months and for that I was grateful. Then my doctor moved away to practise in a city 45 minutes away and, with appointments twice a week, it soon became out of the question financially for me to continue the treatments. It wasn't long before the migraines came back with a vengeance, but I only gave in to a hospital visit if I could not cope. But things had changed during my holiday from migraines, and I certainly couldn't plan a migraine to fit in with when my doctor was on call at the hospital. None of the other doctors would give me Pethidine. First it was, 'Now tell me about your headache?' Another time, 'I'm sorry, but you can only have a Maxalon injection'. Or, 'Try two more Panadol'. Believe me, as any other sufferer knows, when you are in excruciating pain

and you go to hospital for help, you don't expect to have to give your entire medical history and take two Panadol! My doctor has got me over this problem now and I can freely go to any hospital or clinic without any hassles – when I need help.

The reason for this story is that 18 months ago I bought a small book on the effects of cider vinegar and started the treatment it described. It actually makes a very thirst quenching drink, especially with a spoon of honey dissolved in it. This became a habit and I must stress that you should keep it up (only one glass a day). I ran out of cider vinegar a month ago during a financial crisis and did not buy any more. I went down with another migraine and had to be driven to the hospital. On reading my 'migraine visits' record, I found that I had not had a migraine for just over six months, and I hadn't even missed them! So I'm back on my daily dose now, sure cider vinegar did this remarkable trick. I feel healthy, alert and much less stressed; maybe it could work for others. The book is called *Cider Vinegar* by Cyril Scott, priced at \$3.95. Migraine is *not* one of the guarantees mentioned – it's not mentioned at all! Good luck.

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# COSY SOCKS

by Olga Thurin, Melton, Vic.

Socks are quick to knit once you get used to the method and use very little yarn, so they are a great way to use up many of those odd scraps from the bottom of the craft basket. Hand-knitted socks make great bed socks in the chilly weather or are cosy to wear around the house. Knitting them in stripes will help you use up even the smallest scraps of yarn as well as making them very individual. Sort out your yarns, settle down by the fire and start those needles clicking.

## INSTRUCTIONS

### Materials

125 g (4 oz) Patons Nylox or equivalent 3 ply yarn  
set of 4, 2.25 mm (No 13) needles

### Tension and Measurements

18 stitches and 22 rows to 5 cm (2 in) measured over stocking stitch  
fits 26.5 cm (10½ in), 28 (11 in), 29 cm (11½ in)  
foot length  
length from top to base of heel 38 cm (15 in)

### Abbreviations

Tw 3 = K into front of 3rd stitch, then K 1st and 2nd sts, slip 3rd st off needle.  
tbl = through back of loop  
sl = slip  
psso = pass slipped stitch over

### Method

Cast on 80 sts, 28 sts on each of 1st and 3rd needle and 24 on 2nd needle.

Work in rounds of K1 P1 rib for 9 cm (3½ in).

### Continue as Follows:

1st round: K2l, P1, K3, P1, K28, P1, K3, P1, K21.

2nd round: K2l, P1, Tw3, P1, K28, P1, Tw3, P1, K21.

Repeat these two rows until work measures 19 cm (7½ in) from start.

### Shape Leg as Follows:

1st round: K2 tog, work to last 2 sts of round, K2 tog tbl.

Work 6 rounds straight.

Repeat last 7 rounds 4 times more, then first round again: 68 sts.

Continue straight until work measures 29 cm (11½ in) from start, ending with 1st pattern round.

Next round: K15, P1, K2 tog, K1, P1, K28, P1, K2 tog, K1, P1, K15: 66 sts.

### Divide for Heel as Follows:

K17, slip last 17 sts of round onto other end of same needle and divide remaining 32 sts for instep on two needles.

### Continue on 34 Heel Sts as Follows:

1st round: Sl 1 purlwise, P to end.

2nd round: Sl 1 knitwise, K to end.

Repeat these 2 rounds 18 times more, then 1st round again.

### Turn Heel:

1st round: K20, Sl 1, K1, psso, turn.

2 round: P7, P2 tog, turn.

3rd round: K8, Sl 1, K1, psso, turn.

Continue thus until all sts have been worked: 20 sts.

### To Complete Heel:

K10. Now pick up sts and work rounds as follows.

1st needle: K10 heel sts, then pick up and K20 up side of heel.

2nd needle: K across 32 instep sts.

3rd needle: pick up and knit 20 down other side of heel, then K10 heel sts: 92 st.

### Shape Instep:

1st round: knit.

2nd round: 1st needle: K to last 4 sts, K2 tog, K2.

2nd needle: knit.

3rd needle: K2, K2 tog tbl, K to end.

Repeat these 2 rounds until 72 sts remain. Continue on these sts until work measures 16.5/18/19 cm (6½/7/7½ in) in from where sts were knitted up at heel.

Slip last 2 sts of 1st needle on to beginning of 2nd needle and first 2 sts of 3rd needle on to end of 2nd needle.

### Shape Toe:

1st round: 1st needle: K to last 3 sts, K2 tog, K1.

2nd needle: K1, K2 tog tbl, K to last 3 sts K2 tog, K1.

3rd needle: K1, K2 tog tbl, K to end.

2nd round: knit.

Repeat these two rounds until 28 sts remain.

Knit sts off 1st needle on to end of 3rd needle and graft or cast off together the two sets of sts.

Press, using warm iron and damp cloth.

## AQUIFERS AT RISK

The Australian National University's Centre for Continuing Education is sponsoring a conference in Canberra, 15-17 February 1993, in co-operation with the Bureau of Mineral Resources, Geology and Geophysics, to provide a scientific and community forum for discussing a range of groundwater quality issues. This conference will be the ninth in the series, Issues in Water Management.

High salinity groundwaters have always been a constraint on water supply development in Australia and naturally occurring deleterious elements in groundwater such as nitrate, fluoride and heavy metals are a significant health hazard. What are the major occurrences of these elements and what can be done for remediation of small water supplies? Several important inland and coastal groundwater systems are affected by increasing salinity as a result of heavy abstraction of groundwater. How best can these systems be managed in view of increasing water needs in the community and the possibility of sea level rise induced by global warming? Several important regional groundwater systems are now known to be polluted by sewage and agrichemicals. Some of these aquifers are used for domestic purposes and others are connected to sensitive surface waters. What are the implications for waste management, land use and agricultural practice? Furthermore, an increasing number of local aquifers are polluted by toxic chemicals and other wastes and petroleum products. How can these problems be managed? Can polluted aquifers and land be rehabilitated effectively? Are the health and environmental protection standards adequate?

The processes involved in ground water quality deterioration and the management, remediation and protection of the nation's groundwater systems, will be reviewed in this conference.

For further information, please contact Shirley Kral. Ph: 06-249-4580, and fax 06-257-3421.

# THE ORGANIC CHOICE IN SEEDS

## Part II

by Michel Fanton, Byron Bay, NSW.

In GR 90 I discussed the history of the Seed Savers Network, the advantages of having a diffuse seed bank and the use of folk seeds collected from the wild in gene research to improve modern varieties. This time I will look at the so-called Green Revolution and the importance of protecting our genetic resources at a grass roots level.

### THE GREEN REVOLUTION

These seeds were also the foundation of the Green Revolution (an American project which bred and introduced in the late 1960's high response varieties of food plants to the third world). In immaculate new labs, with white blouses and socks, a handful of inbred plant breeders, fresh out of university, were replacing millions of wise ancestral seed savers.

Unfortunately because of their narrow genetic base these miracle seeds are susceptible to fast breeding diseases, and pesticides have to be poured onto crops. Because they are bred to respond only to chemical fertilizers more of these have to be used. They are more often than not in need of irrigation to do well at all. The resultant luxurious growth of the crops and weeds also favours rapid multiplication of disease organisms and insect pests. And here we go again! Chemical fertilisers and pesticides that are outlawed and deregistered in Western countries are an essential part of the package of the new seed technology offered to farmers by companies that have a financial interest in the whole panoply of these products. Add to this the fact that field workers often can't read the labels' cautionary instructions, they don't use, or are not offered, protective clothing, and they re-use the contaminated containers for storing drinking water.

### Monocrops

The reduction in the genetic diversity of the new varieties contributes to pest vulnerability *even when pest-resistance is part of the breeding strategy*. A variety may not be permanently resistant, because pests change at a much faster rate than plants. Limiting or shrinking the gene pool is a problem; pests continue to adapt through mutation, a process which increases with pesticide use. New miracle dwarf varieties of rice were introduced into the third world on a massive scale and displaced the traditional folk seeds. This reduced what were many yields of the rice paddies: the frogs and crabs, the fish usually harvested when the paddies are drained, the edible water plants, and the long rice-straw for thatching and fodder, to a single yield:- white rice. Farmers who had long been cultivating mixed cropping system (including nitrogen fixing pulses, diverse crops of cereals and oilseeds) which provided a complete diet, swapped to monocropping, often for the export dollar market and at the expense of family nutrition.

### GENETIC RESOURCES

What puts us in the same basket as the poor third world farmers is that we are also losing a lot of our plant genetic resources because women and men who had been caretaking a variety all their lives are now in their later life and often do not find other younger gardeners or farmers to take over the job. Many of our older members have died since we started Seed Savers; there



Rice terraces in Bali; when modern seed replaced traditional varieties the delicate balance of nature was adversely affected.

are other older people going to retirement homes with no room to garden. We hope that Seed Savers fills the gap. Gardeners these days tend to take the short cut of buying seedlings in punnets and missing out on the magic of watching seeds grow; they also miss out on what a young seedling looks like. This is essential knowledge for the gardener who wants to be able to distinguish the desirable plants from the undesirable in a self-seeding garden.

### Education

Seed Savers is not just about collecting seeds. We have formed and registered a Seed Aid Trust which is passing on seeds that are suitable to poor villagers in many parts of the planet. We are preparing an education kit for schools on biodiversity and permaculture that we are teaching. It is about awareness of the importance of preserving our plant genetic heritage, will include seeds to plant in school gardens and show students how to maintain them and search the community for more, and teach how to design school grounds with extremely fast growing shade trees and food trees the permaculture way. If you have ideas on content, format and distribution for this kit, please let us know.

### Gardening Books and Seed Saving

When I was doing the research for a book that we have just finished writing: *Seeds for Our Survival, a Guide for the Seed Saver*, I looked through a large number of gardening books for some wise words if not techniques. All I could find was 'don't worry about seed saving' or 'leave it to the experts'. In the past five years things have changed and even the *Yates Green Guide to Gardening*, written by Allen Gilbert devotes two and a half

## GRASS 40 ROOTS



# Livestock Health and Management

## Information You Need but Haven't Known Where to Ask

If you have queries on any type of livestock send them in and we'll get our panel of experts to research the problem for you. Send them to Livestock Advice Page, Grass Roots, PO Box 242, Euroa 3666.

I need advice on quail. I cannot keep full sized chooks and am interested in keeping Japanese quail for eggs and meat. Firstly, are they suitable for egg production? Do they lay without a cockerel? Do they lay frequently? What should I feed Japanese quail with? Any other information on quail would be appreciated. Thanks.

**Pam Withnall  
Croydon 2132.**

*Japanese quail could be kept for egg and meat production though it would be more common to keep one of the dual purpose breeds of bantams, perhaps an Australorp, Sussex or Rhode Island Red, for this purpose.*

*Quail commence lay at about 8 weeks and are capable of laying 200-300 eggs a year, but to achieve this it is necessary to run them under lights. That is, artificial lighting is required to make up a constant 15 hour day length of low lighting intensity; two watts/sq m is adequate. Without the lighting egg production will cease when the natural day length is short. A male is not required to stimulate egg production, but is needed to fertilise the egg for incubation.*

*Male quail are extremely aggressive, being known to kill the females as well as small species of aviary birds kept with them. There is a possibility when reasonable numbers of quail are kept together that the males will fight between each other. Suggested ratio is one male per 5-6 females.*

*A flock of 40 birds is considered sufficient to keep the average sized family in eggs and meat. Birds are ready for dispatch at 6 weeks, when they are at their prime. A diet of mixed crushed grains would be a suitable alternative to the commercial crumbles normally fed. Quail are usually given a ration similar to that used for turkeys, high in energy and protein.*

*Stock may be difficult to obtain. The Victorian Quail Industry Association has members Australia-wide and may offer assistance. Secretary is Mark Stafford, RMB 4362, NUMURKAH 3636. Ph: 058-655-372.*

I have two beautiful but spoilt dogs - they are Bouvier Des Flanders which are not very widely known in Australia. They are extremely intelligent and very lovable. They are working dog class at shows and are only pet quality because of imperfections. My problem is with the older of the two, a female. She was spayed at 11 months. I have taken her to the vet many times for a rash that she has on her legs. It started off on her right hind leg and the skin became extremely hard, like leather and very thick. She licked it a lot and the vet said it was caused by her licking. Then it spread to her other hind leg and now it is on her right front leg, just at the top of the paw. All the affected areas are hard, thick skinned and appear to be sore for her when I touch them. The vet still says it is from licking. Would you agree? My feelings are that it started with an eczema but has some infection in it. Surely if the licking is causing it she must have some infection in her body for it to spread from one area to the other. Could it be fungal?

I have read Pat Coleby's book from front to back. Both dogs are now on Farrell's Kibble. Sometimes they have the Kibble with pet mince and often with just vegetables - into both bowls goes half a teaspoon of seaweed meal and the same of sulphur, but the only way they will eat it is with quite a sprinkling of

garlic powder which they love. Both dogs have the same food in case one eats the other's meal. I give the one with the rash, vitamin A, C and zinc, and once a week she has cod-liver oil.

I used to wash both dogs in 'woolwash', but once the rash occurred I changed to washing Jenna in medicated washes such as Seleen, Dermafoam, Triocil. I have also been making up and using the wash that Pat Coleby speaks of in her book - copper sulphate, cider vinegar and water, putting that on her daily. I would also like to know if licking the copper sulphate is doing her any harm. I know the cider vinegar would be good for her.

**Margaret Bandy  
Bonang 3888.**

*As these dogs are a rare breed there is a very real possibility that they are inbred and do not have the stamina they should have. Similar problems are being encountered by some of the Rhodesian Ridgebacks. Apart from that, the dog's immune system is thoroughly unbalanced. There is no mention of what drugs, if any, it has received, but they would not have helped in this regard. The dog will have to go on a fairly rigid diet, similar to that mentioned in 'Natural Pet Care' for the St Bernards afflicted with arthritis:*

*No meat (of any kind) until fully recovered.*

*No milk or eggs.*

*Very little fish (dsp twice a week).*

*Farrell's Kibble and/or brown rice and/or real whole-meal bread, sourdough rye or similar.*

*Vegetables ad lib, some cooked but including finely grated raw carrot and beetroot if possible.*

*Supplements:*

*1/2 tsp dolomite daily.*

*1/2 tsp sulphur 3 times a week.*

*kelp in some form, 1/2 tsp Nutrimol 3 times a week is often more popular than seaweed meal.*

*1 1/2 tsps of sodium ascorbate (vit C) powder daily.*

*1/2 tsp cod-liver oil daily.*

*Garlic, as they like it so much, many do not.*

*1 zinc tablet daily.*

*500 units of vit E daily.*

*Make up the following wash: A dsp copper sulphate, the same of cider vinegar in a litre of water and apply it carefully on the affected area with a sponge, dabbing it on. This mix should last several days and the small amount of copper they would obtain from licking would do no harm. The dog should start to respond to the amended diet in about 3 days. Two dogs in Western Australia in far worse condition had new hair growing on the lesions in 4 days. Continue the diet until the dog is fully recovered and then, as mentioned in the book, a little fresh rabbit or similar, two or three times a week could be added to the diet. Leave commercial pet minces and such strictly alone.*

*Once the dog has been healthy for 2-3 weeks stop the vitamin C as its own production should have started again, unless it has had cortisone (see 'Natural Pet Care'). If that is the case keep on with half a teaspoon of sodium ascorbate daily for a further month.*

### FISH TANK FERTILISER

If you have an indoor fish tank as well as indoor plants, use the old water from the fish tank to water your plants each time you clean out the tank.

# GREAT READING FROM NIGHT OWL

## Going Tropical — Living and Fruit Growing in Northern Australia

*Ron Edwards*

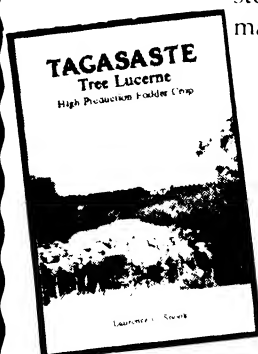
Chapters include living in the tropics, dealing with local government, choosing land and implements for a small holding, gardening and growing instructions for over 120 tropical fruits.



## Tagasaste Tree Lucerne — High Production Fodder Crop

*Dr. L.C. Snook*

Tagasaste, commonly referred to as tree lucerne, produces high protein fodder, grows quickly and is relished by stock. Dr Snook explains how to grow Tagasaste for maximum yield. An ideal crop for any farmer.



## The Bullock Driver's Handbook

*Arthur Cannon*

This book contains a how-to-do-it guide, with details of making the tackle, training bullocks and making your own cart. This unique piece of Australian history makes for fascinating reading.

## Community Markets — A Practical Guide

*John van Tinteren*

A fascinating description of how to live off the earnings from a market stall. John has wide experience in starting and managing a market, and offers practical advice to those wanting to make a living like this.



## Starting a Nursery or Herb Farm

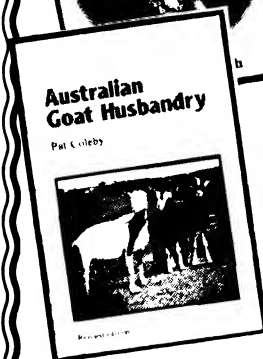
*John Mason*

If you have ever thought of earning some extra money from your gardening interest then you will love this book. It describes how to start a plant business, discusses management, propagation, herb production and herbal products.



## The Householders' Compendium

Consult this book for new ideas on family meals, what to do with seasonal gluts of fruit, how to make insect repellent, cure warts and more. A valuable source of information on being self-sufficient in a pre-packaged world.



## Australian Goat Husbandry

This is still the most popular Australian goat book available. It emphasises improved management and the prevention and handling of health problems.

**Consult order form opposite for price and postage.**

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# UNDER THE MANGO TREE

by Vanda Coyne, Ayr, Qld.

Have you heard of a lemonade tree? No, it's not just a song from Burl Ives. There is a lemonade tree and any nursery that stocks citrus trees should be able to supply one. I have seen it called the 'Brisbane Lemonade' so it probably originated there. The fruit looks like a Meyer lemon but can be peeled and eaten like an orange and the flavour is distinctly lemonade.

Another citrus that deserves more recognition is the pomelo. They look just like a grapefruit, they're huge. Cut them and they are so sweet and juicy. One of the best varieties is Bosworth Pink, with bright pink flesh. Real value for money here, one fruit could feed a family. If you must decide between planting either a mandarin or an orange, why not both on one tree? A tangelo. Very sweet, juicy fruit that looks like an orange and peels and quarters like a mandarin.

Aside from the wonderful advantage and ultimate cost saving of picking your own fruit, trees are a natural antipollution device, consuming carbon dioxide and giving out fresh oxygen. A single healthy young tree has the cooling effect equal to 10 room size air-conditioners operating 20 hours a day! But just as you would give much more time and attention to food and shelter for young animals and birds, young trees require help to become established. Although I am writing mainly about central coastal Queensland, which is my home ground, many of the newer tropical or rare fruits can be successfully grown throughout Australia, with commonsense attention and care. They are given this special care in the nurseries where they are first propagated, and while some are remarkably resilient, it's not just a case of 'whack 'em in a hole and water 'em once a week or so.'

Healthy soil and good drainage is the first requirement. By digging trenches up to a metre or more deep, filled with sand, then agricultural pipe and then covered with 12 centimetres of blue metal, then good quality topsoil, even the worst drainage problems can be solved. Beds built up with sleepers or bricks and filled with good quality topsoil, compost and mulch are a great help in long periods of heavy rain. Tree roots can actually drown and air pockets formed by old bricks, rocks or concrete trap air which is taken up by the roots. Clay soils are greatly improved by the addition of gypsum, 0.5 kilogram per square metre. Sandy soils allow water to drain away too quickly, causing stress to plants. Add lots of organic matter and, if necessary, lime or dolomite to give a soil pH of 5.5 to 6.5.

Strong winds are your worst enemy. Establish fast growing trees on boundaries as windbreaks or make artificial shelters, using stakes and shade cloth, hessian or even plastic bags to create a humid microclimate round your trees. Protect young trees from frost at night with plastic covers, newspaper round the trunks and containers filled with water and placed under the canopy. Despite all these precautions, some trees will still up and die on you and others will thrive on the old 'shoved in a hole' technique. There are now so many different and exciting fruits on offer you just have to win out with some of them.

Take the abui (*Pouteria caimito*). This is a small tree, 4 to 8 metres, very cold and frost tender when young. However, they are more cold tolerant when mature and reputedly can be grown as far south as Melbourne. Only seedling trees are available but

they should fruit within two or three years and often crop several times a year. They are a scrawny tree with both fruit and leaves at the end of the branches, but they are relatively disease free, excepting perhaps fruit fly. They appreciate poultry manure and blood and bone, plus mulching (not too close to the trunk). Fruit is round to oval with a smooth yellow skin. Flesh is sweet, creamy-white and slightly caramel in flavour. They are eaten chilled or in fruit salads.

I have found by trial and error, (lots of error) that my trees do better if planted in a slight shallow dip. Or with a slight raised ring of mulch around each, well out from the trunk. I suppose it's to do with condensation, holding just that minute amount more of moisture, or maybe it keeps the air a little warmer. Anyway, my star apple, (*Caimito* or *Chrysophyllum cainito*) was babied like this. It was also tucked in below a rusty old wheelbarrow turned on its side for more than a year. Why I couldn't do the decent thing and provide a proper windbreak I don't know but the barrow has gone to its reward and my tree will soon eclipse the clothes line. It's a Haitian Gold, suitable for the tropics. Fruit should be purple and round and the flesh is soft and white. Seeds form a star shape when it's cut through the middle, and there is no other resemblance to an apple, other than its shape, either in the fruit flavour or taste. Leaves are a beautiful deep green oval with bronze backing which makes it a striking specimen tree to 15 metres. The variety Phillipine Gold is for cooler climates and trees have very few disease problems and produce crops of up to a thousand fruits. They are appearing on the markets in some areas.

A letter from Karen Long out Hughenden way reminds me that we are so lucky with our water here on the coast, especially in the Burdekin where we have an almost limitless supply. Karen says she has bore water out there which gives poor yields for their vegies. However, they get good crops in the wet season, no doubt saving their rain water as all our pioneers used to do. What a wonderful expanse of fertile soil is going begging, while we build canals in the tourist areas and prestigious lakes in our capital cities!

If anyone has managed to successfully grow a fruit tree under particularly adverse conditions or outside its naturally accepted area I would be happy to hear of it, via GR. For instance, I have heard from a reliable source that someone has grown - and fruited - one or two cherry trees near steamy, tropical Ingham. That surely has to be worth noting!



## PLASTIC LIDS

If you have plastic containers, such as Tupperware, with lids which always seem to be slightly too small, hold the lid under hot running water for a few seconds before use. It will be warm and pliable and will stretch easily to fit the container.

## HEAT EFFICIENCY

As moist air holds heat better than dry air does you can increase heating efficiency by increasing the relative humidity in your home. A humidifier is great, but pans of water on or near the fireplace (keep water away from electrical appliances) and a number of indoor plants will also help.



# WASHING WOOL

There is a very interesting article in *Choice* September 1989 which stresses the wearability of wool, which is crush resistant, warm and comfortable. Handknitted and crocheted wool items should be handwashed. Machine knitted ones should be washed according to labelling. A label stating 'dry clean only' should be taken seriously. Superwash items wash well in a washing machine provided you use a gentle cycle and cold or lukewarm water and suitable wool washing detergent.

The first time you wash a woollen item, test for colour fastness. Always separate whites from coloured woollens. Chlorine bleach will destroy wool. There are special wool bleaches, or hydrogen peroxide can be used, but the more times a garment has been bleached, the quicker it yellows.

Rinsing is important, as it removes the residual alkali left by soap, prevents yellowing and preserves handle. The rinsing water should be the same temperature as the washing water. A dash of eucalyptus oil or a weak acid such as vinegar or lemon juice in the rinse water improves handle and colours by neutralising any alkali in the detergent.

*Lux* soap was not recommended. It may be environmentally desirable, but soap is too alkaline for wool. The only product that combined good soil removal with harmless pH figure and good iron chelation properties was *Softly* powder. Eight other wool washes were rated acceptable. *Love 'N Care*, *Bushland*, *Double D*, *Dominant*, *No Frills*, *No Name*, *Softly Eucalyptus Liquid* and *Softly Liquid*.

*Love 'N Care* has a borderline pH but is on par with *Softly*

powder in soil removal. *Bushland* is more neutral than *Love 'N Care* and did reasonably well in soil removal tests. *Double D* was a clear fourth in soil removal, while there was little to separate the remaining five. They were not as efficient at cleaning, but at least all except *No Frills* have a pH close to neutral and are likely to be gentle to delicate garments.

*Choice* stated that instructions that recommended against rinsing should be ignored, as garments that weren't rinsed weren't clean, although the residue can make the garment feel softer, it will also weaken the fibre and fade colours. The Australian Wool Corporation refuses to endorse any non-rinse detergents.

Dry in the shade as direct sunlight causes yellowing. Use a steam and/or damp cloth between the iron and the wool garment.

Reprinted from the Hand Spinners & Weavers Guild of South Australia Incorporated, November '89 newsletter. The Guild conducts classes and workshops in weaving, spinning, toymaking, Shetland lace spinning and tapestry. It also runs a gallery which is open to the public on certain days. New members and visitors are always welcome. If you would like more information about times and venues write to the Guild at PO Box 163, Torrensville 5031 or ph: 08-384-3575.

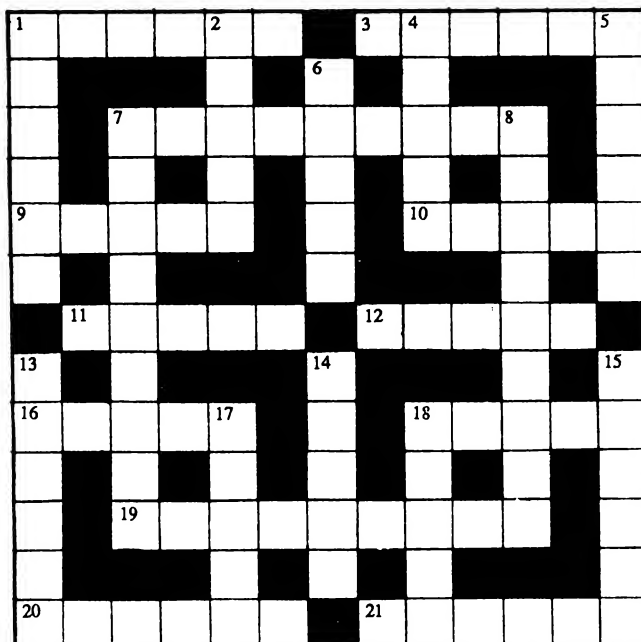
## DENIM BEDSPREAD

Recycle all those old pairs of denim jeans by cutting the usable fabric into uniform shapes and making a patchwork bedspread. Cheap and very fashionable for a teenager's room.

## CRYPTIC GRASSWORD

By M. Riley, Tanjil South, Vic.

- Across
1. Daphne leaves shed about this time (6).
  3. Hamper proceedings (6).
  7. Cast away for their lunch maybe (9).
  9. Ruler travels overseas (5).
  10. Exchange craft (5).
  11. Organ extant (5).
  12. Short case for the barrister (5).
  16. Earns new approaches (5).
  18. Great in 'All's Well That Ends Well' (5).
  19. They certainly have will power (9).
  20. Was tensed, now settled (6).
  21. Recent change of heart (6).
- Down
1. Ground till able to use a baler (6).
  2. He deliberately undercuts his work (5).
  4. Unskilful though apt within (5).
  5. Car favourite floor cover (6).
  6. She holds the stakes (5).
  7. Aspiring politician dined with Frank (9).
  8. Speak less about having no country home (9).
  13. He was a wild one without any reservation (6).
  14. A turn around (5).
  15. Just a drop in the ocean (6).
  17. National vegetable (5).
  18. Curls up near the fire (5).



Solution on page 62.

# Browsing Through

by Colin Franklin, Ballarat, Vic.

**Sue Carlross**, concerning the goannas, have you taken the precaution of insuring that your fowl house has fine chicken mesh to at least 15 cm (6 in) into the ground? Also a correctly constructed fowl house with a breeding section included will be needed. According to the National parks and Wildlife Service, these animals are protected in all states. They advised me from New South Wales office that your Queensland office would be able to help you.

**Hazel Lambert**, paraffin wax is still available from the Homestead Group of hardware stores, but they do get a rush on this product when the jam season is at its peak. If you're unable to get it, please write C/- GR and I shall arrange to get it for you this end. It may also be found in the hardware section of your chain store.

**Irene**, the dandelions you require are the varieties *Taraxacum officinale*, *laevigatum* or *Leontodon taraxacum*. These seeds are available from: Seederama HS/10, address is Seederama, PO Box 3, Charlestown 2290.

**Joan Evans**, in regard to your menopausal hot flushes, there is a raspberry tea available for this from health food stores and chemists marketed under the trademark 'Red Seal'. A very good book available is *The Herb User's Guide* by David Hoffman, ISBN 0 7225 1288 0 as it covers a wide spectrum of your body in general. For chilblains, elder leaf ointment is useful. Heat 1 part elder leaf (*Sambucus nigra*) fresh leaves with 2 parts petroleum jelly until leaves are crisp. Strain and label for storage. For a massage oil use 60 g (2 fl oz) virgin olive oil and 20 drops of any of the following: lavender, lemon,

camphor oil. These are blended together and massaged into feet, toes or fingers.

**Julie Belle**, for your problem with earwigs try using Carbaryl, available from your local nursery.

**Margaret Zwar**, in regard to your recent letter, we are speaking about two different plants that I was unaware have the common name of 'sour sob' in Australia. I have only known your problem plant in South Australia as *Oxalis pes-caprae* and used Amitrole to control this. In Victoria the same weed is known as sour grass, some call it sorrel (yellow wood sorrel, or large flowered wood sorrel). The plant I am interested in acquiring is *Annonia marceata* from the West Indies, which I was led to believe grows in the Flinders Ranges.

**Jillian Randell**, a book which has some good information in one chapter and I understand is available from the Nation Wide Library System is, *The Complete Book of Herbs* by Lesley Bremness, ISBN 0 86438 066 6.

**Leath Potter**, regarding vinegar; for details refer to GR 84 in Feedback by Barbara Hayes.

Here is some information that may be of interest to those who use a hammer mill on their farms. It has now been found that vitamin B1 to 12 is lost completely when the grain is mashed. Therefore these are now supplemented in another way through adding extras at greater cost.

There is an excellent section on sour sob in the book *Noxious Weeds of Victoria*, by W T Parsons, Inkata Press, ISBN 0 909605 00. According to this book, 'worthwhile reduction is possible only by attacking it (preferably by heavy cultivation) at a critical stage in its life cycle, known as the old bulb exhaustion stage... This stage occurs (in Victoria) some time from May to late July'. We suggest you borrow the book from your library and read the full details as now is the time to take action about this problem.



## CLING FILM WARNING

A report by the British Ministry of Agriculture warns consumers not to wrap fatty foods like meat and cheese direct in cling film before putting it in the fridge, or to wrap their lunchtime sandwiches in it, because of concern over links between chemicals used in the plastic wrapping and cancer. The report further called for an investigation into chemicals used in food packaging. The Consumers' Association, UK had expressed concern that government action might be delayed by trying to move in unison with the EEC.

Reprinted from *Consumer Currents*, Jan '91.



OTWAY FOOTHILLS S.W. VIC. 27 ACRES  
Organic Fruit & Veg. farm. Counter  
Sales & Estab. Restaurant supply  
approx. \$30,000 p/a. 3BR Brick Home  
\$240,000. THOMAS JOYCE & SEARS P/L  
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# Poetry

## QUIET PLACES

*A silken, jewelled spider's web  
the colours of a rainbow  
the sweet song of a magpie lark  
a vivid mountain parrot  
a massive, aged oak tree  
a softly scented garden  
the velvet petals of a rose  
the silent hush at dawn  
a placid lake  
a mountain stream  
a sandy beach  
with soft waves lapping  
the quiet places of my mind.*

Betty Culver.

## IT'S ONLY A DOG

*Oh it's only a dog I heard someone say  
as a little dog died on a busy roadway.  
Its body, crumpled and its fur all wet  
and a little boy crying at the death of his pet.  
Yet it's only a possum or it's only a bird  
alas these words I have too often heard.  
But man is a hunter or so he proclaims  
and he kills all things with his unerring aim.  
And he cares not a jot for the female bereft  
as she watches her mate as his eyes close in death.  
Man says he's the master of all he surveys  
and will kill his own kind to get his own way.  
Man mines the mountains and cuts down the trees  
pollutes all the rivers, even the seas.  
An excuse for reward is all he will need  
and he'll pursue all things with relentless greed.  
But time has a habit of creating change  
and man must adapt or our chances will wane.  
So please take heed of the darkening sky  
and when the end comes don't ask why.  
You did it yourself with your selfish ways  
and in the end we will all have to pay.  
God made this earth and left it in trust  
and all we will leave is a planet of dust.  
So what now man, that you have conquered the earth  
it's been used and abused and robbed of its worth?  
Will you seek elsewhere your talents to employ  
there may be other planets that you can destroy?  
Now it would seem to me but I doubt you will agree  
that God made a mistake when He made you and me.*

Dennis Bone.

## AUTUMN MORNING MIST

*Grey dawn is guessing when to come  
and gets no help or hindrance  
from the sleepy gums  
who wait for glinting slivers  
to break the smoky panes of mist  
which still reflect  
the disappearing  
colour of the night.  
Soon breeze will stir and stretch  
and tumble through the trees  
to lift the dank weight gently skywards  
so as not to startle birds  
or blinking kangaroos  
but left their cautious rousing  
softly foot the shafts  
of fragmented light.*

Margaret Ware.

## GREY DAY

*How a dull day  
spreads  
a grey wash  
over all  
the landscape,  
stealing  
the colour  
and light,  
weighing  
heavily  
upon  
the spirit,  
extinguishing  
even  
the memory  
of yesterday's  
sunlight  
and  
dappled  
colours.*

Ken Mason.

## RAIN TREE

*Grey-green canopy,  
of wet, cold leaves  
drips from wrung-out branches,  
transparent,  
a shield for drowning leaf to leaf,  
and reddened the bark-encased trunk  
thrust into breathing earth.  
Grey-green canopy  
of wet, cold life  
drips from wrung-out shadows,  
transparent,  
a shield for drowning roots,  
while raindrops fall from pain to pain,  
and razor the bark-encased soul  
thrust into living earth,  
slowly roots for death,  
patient for the crack to widen,  
for growth in a massive trunk,  
and wide-branched freedom.*

Elizabeth Von Leven.

## GOLDFISH

*I heard them talking of their tomorrow  
Beautiful people,  
Talking of life and love  
of war and death  
And changing the world,  
Circles of conversation  
Like goldfish in a bowl  
Going nowhere.  
I thought of yesterday  
And didn't have the heart to tell them,  
We were the beautiful people then  
Trying to change the world  
And our circles of conversation  
Were like goldfish in a bowl  
Going nowhere.*

Andrea Rodgers.

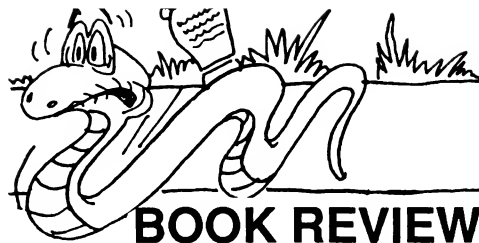
## THE OLD WOODEN SPOON

*Gentle curves of naked wood  
Blonde and stained of winter stew  
Tang of nature's wonderland  
Subtle bitter on my tongue  
lingers for a time  
Dull thud against the pan  
Gravy is stirred*

Kelly McGirr.



# Kids Pages



## Dear Kids Pages,


I've recently moved from the city to a block of land with my mum, dad and little brother. It's just so much better here in the country. We're living in a caravan while my dad builds a stone house. I like helping him, but it's pretty hard work collecting rocks. Best of all I love riding my bike and not having to worry about noisy traffic and pollution.

**Rohan McPhee  
BEECHWORTH 3747.**


## Dear Kids Pages,

I live in the suburbs, but my family are all interested in helping the environment. In our backyard we have a big vegie garden, compost heap and several fruit trees and vines. We also have chooks and a couple of ducks which I look after. Mum has planted heaps of trees to attract birds. It's like an oasis.

**Tara Butterfield  
BRISBANE 4000.**



**IN THE RAINFOREST**  
*Rainforest beginning  
 crocodiles eating and fish hiding  
 in cold rivers  
 with waterfalls flowing.  
 Rain falling  
 on mossy rocks with roots rotting  
 and fungi on sticks and logs lying.  
 Rain falling  
 on orchids and ferns growing  
 as trees make canopies where  
 baby birds squawk  
 and colourful clouds of birds  
 crack open seed pods.  
 Snakes slither  
 while sharp-clawed goannas climb  
 and spiders kill insects  
 under strangling figs  
 where cranky cassowaries hide.  
 Rain falling, rain falling, rain falling.*  
*Declan Bailey (aged 6).  
 Chinchilla.*



(Declan lives in the forest, where his father is Forestry Warden. He studies by correspondence and loves the wilderness and nature).

Q. Why is it hard to talk with a goat around?

A. Because he always butts in.

## DID YOU KNOW?

Chewing gum was developed in America although numerous native cultures around the world had been familiar with types of gum for centuries. At first purified and sweetened gum from black spruce trees was used, then gum from other tree species was used. At one stage a cheap gum was made from paraffin. More recently chewing gum is manufactured from sap from the sapodilla tree of South America. Chicle, as the sap is known, is imported to America in huge quantities each year, and processed into chewing gum.

## Kid's Knits - A Family Circle Publication, Paperback, 64 pp.

If you're looking for a book to get you started with knitting or just for easy, fun ideas to practice your skills, this is it! In a format that kids can relate to, with vibrant colour photos of all designs, *Kid's Knits* shows just how simple and satisfying knitting can be. It explains all about wool as a natural fibre, with step-by-step instructions on the basics of knitting –absolute beginners will need some help to master the stitches. The patterns are easy to follow and written in a style especially for children, who could work from the book without supervision if necessary. Adult beginners will be encouraged by the simplicity of the patterns which don't contain complicated abbreviations. Projects include scarves, mittens, doll's clothes, soft toys and even a patchwork blanket. It's amazing what can be produced using only the simplest of stitches. Most of these designs would make wonderful handmade gifts for family and friends. Available at supermarkets Australia wide and priced at only \$2.50, *Kid's Knits* is a must for crafty kids of all ages.

Published by Murdoch Books Pty Ltd, 213 Miller St, North Sydney 2060.

Q. Ten cats were in a boat. One jumped out.  
How many were left?

A. None were left. All the rest were copycats.

## INVISIBLE FISH

A crowd of people gathered outside a pet shop in Surrey, England. A notice was advertising some invisible Malayan ghost fish. They peered into the tank in the window, and saw nothing. Of course, the tank was empty, but quite a few people went into the shop to ask the price of the non-existent fish.

Reprinted from *Amazing Hoaxes and Frauds* by Peter Eldin, published by Octopus Books, UK, 1987.

## COOKERY CORNER

### TATIE PANCAKES

These are wonderful to eat when the weather is cold and miserable, and really simple to make.

- 2 large potatoes
- 1 small onion
- 50 g cheese
- 2 eggs
- vegetable oil



Grate potatoes, dry excess moisture with paper towel. Dice onion finely, grate cheese and add both to potato. Beat eggs and add to potato mixture. Heat a heavy based frying pan, lightly coat with oil, add several large spoonfuls of mixture. Cook for about 5 minutes on each side or until the potato is cooked and the pancakes golden brown. Makes sufficient for four children.





## A RAINBOW SERPENT

Here's a great project you can work on together with friends or other members of your family. Use up scraps of wool to make this bright, fun toy which would be a colourful addition to any child's room.

### Measurements

Length (approx) 150 cm

### You Will Need

8 ply yarn, 50 g balls  
2 balls main colour (MC)  
1 ball 1st contrast (C1), 1 ball 2nd contrast (C2)  
1 ball 3rd contrast (C3)  
small quantity 4th contrast (C4)  
1 pair 4.00 mm (No 8) knitting needles  
large tapestry needle for sewing seams  
polyester or nylon stuffing

### Instructions

Start at the tail end. Using 4.00 mm needles and MC, cast on 4 stitches.

**1st Row:** Knit, increasing one stitch at beginning and end of row.

**2nd Row:** Purl. Repeat 1st and 2nd rows until there are 28 stitches on your needle.

**24th Row:** Purl.

**25th Row:** Knit.

**26th Row:** Purl.

**\*\*Using C2, repeat 25th and 26th rows 18 times.**

Using C1, repeat 25th and 26th rows 18 times.

Using MC, repeat 25th and 26th rows 18 times.

Using C3, repeat 25th and 26th rows 18 times.\*\*

Repeat from \*\* to \*\* until work measures approximately 130 cm from beginning, ending with C1.

### Shape Head

Using MC, continue in stocking stitch (1 row knit, 1 row purl) until work measures 142 cm from beginning, ending with a purl row.

**Next Row:** Knit, decreasing one stitch at beginning and end of row.

**Next Row:** Purl.

Repeat last 2 rows until 10 stitches remain on your needle.

**Next Row:** Purl.

Cast off.

### Under Head

Using 4.00 mm needles and MC, cast on 10 stitches.

**1st Row:** Knit, increasing one stitch at beginning and end of row.

**2nd Row:** Purl.

Repeat 1st and 2nd rows until there are 28 stitches on your needle.

**24th Row:** Purl.

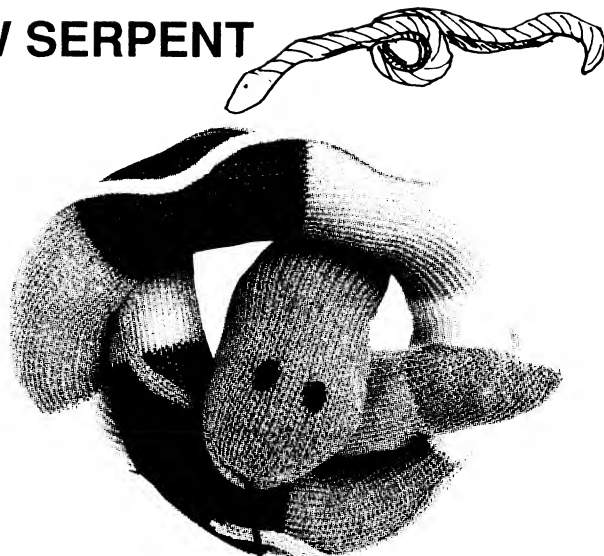
**25th Row:** Knit.

**26th Row:** Purl.

**27th Row:** Knit, decreasing one stitch at beginning and end of row. Repeat rows 24 to 27 inclusive until you have 10 stitches left on your needle.

**Next Row:** Purl.

Cast off.



### Make Up

With wrong sides together, and using matching colours, stitch the 2 long edges together, starting at the tail. If you join 2 segments at a time, and then stuff these before sewing up the next segment, you will find it easier to get the snake's body an even thickness. Make sure the tail is well pointed and stuff it firmly. When you come to the head, join in the under head, sewing all around. Sew the straight edge of the under head piece to the straight edge of the last segment.

Using C4, embroider two eyes on the snake's head (or, using craft glue, stick on wobbly eyes). Attach a strand of yarn to the snake's mouth for a tongue.

Pattern taken from *Kid's Knits*. Reprinted with permission from the publishers.

## AUSTRALIA'S ENDANGERED REPTILES

As well as snakes the reptile family includes crocodiles, turtles and tortoises and lizards. There are more than 560 species of reptiles in Australia including 2 crocodiles, 22 turtles and over 160 snakes. During the past few decades many reptiles have declined drastically in numbers because of habitat destruction and hunting by man and introduced animals. The freshwater or Johnston's crocodile is not considered dangerous to humans but has been widely hunted for its hide. The saltwater crocodile is the largest living reptile in the world, growing to a length of about 7 metres. It was once common over a large area however, since the 1940's it has been extensively hunted for its hide, for food, for sport (so-called) and because of its danger to humans. Today in Australia it is sparsely distributed and legally protected, although illegal hunting still occurs.

Many of Australia's large turtle species including the flatback turtle, the green turtle and the hawksbill turtle are in danger because man has hunted them for their shells, for food and for their eggs.

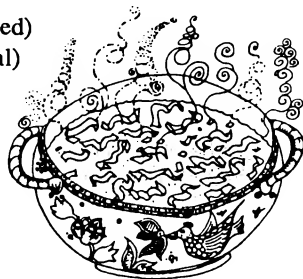
Several species of lizards and snakes are also at risk, these include Boyd's forest dragon, the green goanna, the broad-headed snake, Stephen's banded snake and the western black-striped snake.

# While the Billy Boils...

With the colder weather upon us again we will all be spending more time indoors and 'slaving over a hot stove' magically changes to 'creative cooking in the cosy kitchen'. The soup or stew pot bubbling on the fire permeates the house with delicious aromas and suddenly everyone wants to 'help' in the kitchen. Try serving the stews with one of the scone recipes (p 57). After reading Nick Romanowski's article on the versatile taro plant we couldn't resist including a couple of recipes for you to try.

## VEGETABLE SOUP

- 1 large onion
- 2 small zucchini
- 1 large potato
- 1 small parsnip
- 1/2 cup parsley (chopped)
- 1 clove garlic (optional)
- 1/4 cup pearl barley
- 2 dsp butter
- 8 cups water
- dash of soya sauce
- 1 stock cube
- 1 dsp miso paste
- 1/4 cup lentils
- pepper to taste



Melt butter, then add finely chopped onion, garlic, potato, zucchini and carrots. Add half the water and simmer. Add remaining ingredients. Bring to the boil, then simmer until vegetables are tender. This is a fairly flexible recipe, and vegetables may be added or deleted to suit personal preference.  
**Dianne Warren, Box Hill.**

## TARO AND CARROT PATTIES

- 2 cups grated taro
- 2 cups grated carrot
- 1/2 cup chopped parsley
- 2 grated onions
- 2 cloves garlic, crushed
- 2 tbsp soya sauce
- salt and pepper
- 2 eggs beaten
- olive oil for frying

Mix vegetables with garlic, soya sauce, seasoning, parsley and egg, then shape into patties. Heat oil in a frying pan, and cook patties until set and golden on the underside, about 2 minutes. Turn and cook for a further 3-4 minutes turning once.

**Peter Grey, Bairnsdale.**

## WINTER STEW

- 1 large carrot cut into rings
- 1 large potato, cut into sticks
- 1 medium parsnip, diced
- 1 medium turnip, diced
- 1 small swede, diced
- 1 large onion, sliced
- 1 clove garlic, crushed
- 1 tsp tomato paste
- pinch of fresh thyme
- grated cheese and chopped parsley to garnish

Place vegetables in a casserole dish in a medium oven and cook in very little water until tender but still crisp. Nearly all of the water should be absorbed. Add the thyme and tomato paste. Mix well and serve topped with plenty of grated cheese and parsley.

**Ros James, Maryborough.**

## NUTTY CABBAGE

- 1 medium cabbage, finely shredded
- 75 g (2 1/2 oz) dry-roasted peanuts, coarsely ground
- 1 small onion, or 2 tbsp shallots or chives, finely chopped
- 4 tbsp vegetable oil
- seasoning to taste

Mix the cabbage, nuts and onion together. Heat the oil and stir-fry cabbage mixture for 8-10 minutes until the cabbage is cooked and hot, but still crisp. Season to taste. Serve as a vegetable or on slices of thick wholemeal bread as a tasty lunch.

**Sue Gramich, Batemans Bay.**

## VEGETARIAN SHEPHERD'S PIE

- 90 g (3 oz) ground nuts
- 30 g (1 oz) fresh wholemeal breadcrumbs
- 1 tbsp flour
- 1 dsp mixed herbs
- 1 onion, chopped small
- 1 cup finely grated potato
- mashed potato

Mix all above ingredients, except mashed potato, to a fairly moist consistency with vegetable stock (water with vegetable extract added). Place in greased casserole dish. Top with creamed mashed potatoes, paprika added if desired, and bake in a hot oven for about an hour. Serve with chopped parsley sprinkled over top.

**Adelaide Vegetarian Society.**

## TARO PUDDING

- 250 g (8 oz) taro, peeled and diced
- 1 cup grated coconut
- 1 cup coconut cream
- 1 egg, beaten
- 1 tsp vanilla
- pinch salt (optional)
- 1/4 cup sugar

Boil taro in salted water until soft. Into a bowl place taro, coconut cream, sugar, vanilla, beaten egg and mix well. Pour into greased baking dish and bake in a medium oven as a custard until firm.

**Kim Rushton, Charters Towers.**

# THE NOT SO HUMBLE PUMPKIN

by Theresa Powe, Rochedale Sth, Qld.

It is a bit of a surprise to know I rate pumpkin so highly as I was a confirmed pumpkin hater from way back, but such is the case. I was always the last one at the table because I left my pumpkin till last, but to no avail, I always had to eat my vegies. Then I became wiser, bowed to the inevitable and started mashing it with my potatoes to disguise the taste. Now I can't speak too highly of the humble pumpkin as it is the most nutritious, colourful and versatile of vegetables loaded with vitamins and iron. For years the English just grew them as fodder for pigs, but Americans and Australians have long recognised their value.

I have learnt how to make use of this versatile vegetable and enjoy it. When Queensland Blue or Jaradale are very cheap I can get a large one in season for about 36 cents. I buy about four, making sure the ones I pick have a bit of the stalk attached (they keep longer). Then I air them high up in my kitchen or on top of a cabinet in the laundry and we have pumpkin for months. Just check them every so often. After cutting store in fridge or, if too big, steam pieces and place in plastic bags and freeze. It is then ready for use in scones, soups, stews, or heated and mashed for a meal. Of course you can cook those little Butternuts with a tasty filling and serve with a green vegetable. Even if you don't like pumpkin try these lovely recipes and you'll be surprised.

## RED LENTIL PATTIES

(Vicki Leng)

- 1½ cups red lentils, cooked
- 2 medium carrots, scrubbed and chopped
- 2 onions, chopped
- 500 g (1 lb) pumpkin, seeded and chopped
- handful chopped parsley
- 2 cloves garlic, crushed
- sploosh tamari (soy sauce)
- wheatgerm to mix

I often add a little curry powder and beef powder too. Steam the carrots, onions and pumpkin until tender – about 15 minutes. While piping hot mash red lentils through vegies using fork. Mix in parsley, garlic, tamari and enough wheatgerm to bring to patty-forming consistency (about ½ cup). Using moistened hands form into patties (about 15). Heat a fry pan with a little oil and lightly cook till brown. Serve hot or cold. May be coated with sesame seeds and wheatgerm before cooking. Nice cooked on barbecue.

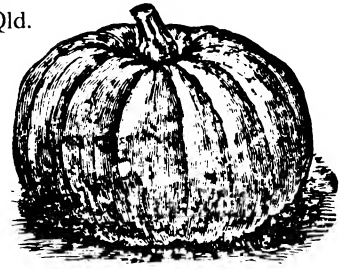
## BAKED BUTTERNUT PUMPKIN WITH WALNUTS AND RICOTTA (Vicki Leng)

- 1 medium butternut pumpkin
- a little salt and ground pepper

Cut pumpkin in half and remove pips with a spoon. Sprinkle with salt and pepper. Place on a greased tray and bake at 180°C (350°F) for about 50 minutes till just tender.

### Stuffing

- 500 g (1 lb) soft ricotta cheese
- 1½ cups walnuts or walnut pieces (or substitute dry roasted peanuts)
- 2 cloves garlic, crushed



sploosh and a half of tamari (soy sauce)  
swirl of tahini (sesame paste)  
freshly ground pepper to taste

Mix all thoroughly. Pile into cavities of baked pumpkin. Reheat at 180°C (350°F) for about 15 mins. Add a little parsley and serve at once.

## GOLDEN PUMPKIN CAKE

- 250 g (½ lb) pumpkin peeled and steamed
- 90 g (4 oz) butter
- 1 egg
- 1 tbsp grated lemon rind
- 1 cup castor sugar (can use ¾ cup)
- 2 cups SR flour
- 2 tbsp full cream milk powder

Grease and line base of deep 20 cm cake tin with greaseproof paper. Drain steamed pumpkin and mash well. Cool. Place butter, egg, lemon rind and sugar in medium bowl and beat till smooth. Stir in pumpkin. Sift flour and milk powder together and fold into mixture. Bake in moderate oven 180°C (350°F) for 45 mins. You may also add mixed fruit (½ packet) for variation.

## PUMPKIN SCONES

- 1 tbsp butter
- ½ cup sugar
- 1 egg
- 1 cup mashed pumpkin
- 2-2¼ cups SR flour

Using electric beater, beat butter and sugar, add egg, then pumpkin. Finally add by hand the sifted SR flour. Turn onto a floured board and cut. Place on a greased tray and bake in a very hot oven, 225-250°C (425-450°F) for 15-20 minutes.

## PUMPKIN SOUP

- 2 tbsp olive oil
- 750 g (1¼ lb) pumpkin
- 1 onion, chopped
- 2 sticks chopped celery
- 1 tsp minced green ginger
- 6 cups chicken stock
- ½ cup rice bran
- ½ tsp powdered cummin
- salt and pepper
- Parmesan cheese, to garnish

Heat the oil and add the pumpkin, onion and celery. Cook for a few minutes. Cover and cook 5 minutes on medium heat. Add stock, ginger and cummin. Simmer for about 30 minutes till vegetables are soft. Blend the mixture in batches and season to taste. Return to pan, add rice bran. Stir well to thicken. Sprinkle with rice bran and grated Parmesan cheese.

# Thoughts About Erosion Control

by Col Patterson, Stafford, Qld.

Control of erosion has got to be done on the local level because each district has its own characteristics such as geography, soil types, rainfall and prevailing winds. Nevertheless we need to look at a few basic ideas to limit erosion of our soil whether it be on our suburban lot or a large holding.

One of the big factors in the erosion of soils is raindrop size. Heavy raindrops cause the bare soil to splash and the fine particles dislodged easily become suspended in the water and unless they are filtered out in other soil or organic matter they can end up in the ocean. We can overcome this problem in our garden beds by mulching with lawn clippings, shredded prunings or other organic matter. This in effect gives the beds a protective raincoat.

Another factor often overlooked is the erosion that occurs at the base of trees. A tree can be regarded as a massive funnel. If you get caught and shelter from the rain under a tree you will see the water being directed from each branch to the main trunk and this becomes quite a stream when the rainfall is heavy. I have seen mango trees with the main surface root exposed for a considerable proportion of the canopy area, more so if stock are allowed to shelter under the trees. They eat the grass at the drip line, there is nothing to hold the fallen leaves and they blow away. Long grass doesn't stop erosion as the soil is often quite bare between the grass roots. So if you have long grass cut it down and leave it where it falls. If you can't cut it knock it down flat.

Unfortunately erosion can occur without us being aware that it's happening. There is no substitute for putting on the raincoat and the gumboots and getting out in the rain when it is at its heaviest to really see what's happening with your paddocks, drains and dams.

Before the big wet in June one year our dam was practically empty so we thought it would be a good time to clean it out and increase its capacity. We had limited space for machines to manoeuvre so I had to engage a Kato with a big bucket and a Drott with swamp tracks to get the muck out. After we dug the first 60 cm (2 ft) we took out 2.4 m (8 ft) of clean sand over an area approximately 18 m (60 ft) by 8 m (25 ft), we only got out a fraction of it because of the space to manoeuvre and my money limitations. As the surrounding area was clayey that sand had to come from a ridge 400 metres away! What had happened was that the council ran its drain by the side of the road (approximately 50 metres of road) into our property where there was a tractor track formed many years ago. This track went obliquely across the slope of the land for about 200 metres then across a couple of gullies and further on down past the dam site but still on high ground. The track had been cut into the side of the bank so as to channel all the water in against the bank. Thus the rush of water cut even deeper into the bank and left an ugly trench up to 60 cm deep in places. When the water got to the bottom of its run where the track crosses the gullies there were two streams converging and as this went across the track it undercut the track causing an even deeper gully and threatening to take out the track.

We have tried to restore the gullies where the track crossed the gully by laying old car tyres on soil we have put into the

gully to give a more gradual descent of the runoff. We tie the tyres together with fencing wire and fill the spaces with soil and we have planted golden rod, which is fairly shade tolerant and has a great root system, into the spaces. We also have about 50 *Monstera deliciosa* to plant on the sides of the gullies and in time we hope the roots will go over and under the tyres further locking them in and creating traps for twigs and leaves. We have used a tractor with a blade to form up diversions on the track so that the water is channelled into the forest about every 20 metres so there is no build-up of runoff water.

To deal with the water off the road we made a small dam (originally it was intended as a silt trap only) at the bottom of a slope that used to grow beans years ago. We got 4½ m (15 ft) of topsoil which we used to make mounds to grow another 50 avocados. To give you an idea of the erosion from the bean land we had to take out as much soil again to get to clay for the base of the dam.

The only problem with these earth works is that they require a good deal of maintenance. I suppose that's part of the price to pay when we interfere with the natural lay of the land.

Reprinted from Brisbane Organic Growers Group Newsletter, (December 1984), PO Box 263, LUTWYCHE 4030.

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## HANDY HINTS

### TANK REPAIR

To mend tiny pinhole leaks in an iron tank: Dissolve 90 g washing soda in 2¼ lt cold water. Add sufficient fresh cement to make a thick paste. Use an old paint brush to paint the paste over the weakened area. Apply two coats. Next paint a piece of calico large enough to form a patch and lay this over the holes. Cover with more paste and another patch of calico.

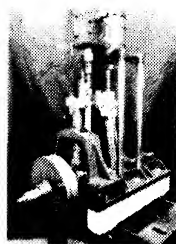
Hylda Bracewell, Torrington NSW.

### REJUVENATE A POLISHED TABLE

If you have a polished table top with white marks caused by placing hot articles on it try one of these remedies: Apply spirit of camphor to the mark with a soft rag, rubbing gently. When stain disappears polish well with a chamois duster. Alternatively, rub well with equal parts of olive oil and salt. Finish with a soft duster.

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# TANKS A MILLION

by Noel Carr, Darkes Forest, NSW.

The very first conservation concern in this continent is water. This should be given the very first priority. In the driest continent on earth, water can spell life or death. What better way to start than with a water tank. True blue Aussie families should be able to boast about owning one. Drought and bushfires will always be part of the Australian scene. There was a 70 year drought in Queensland just before Captain Cook passed by (proved by coral core samples). Fire insurance is good but a full water tank is better. Fringe dwellers and people living on the edge of bush soon learn to their horror that when fire threatens, water pressure drops. The cause is that everyone is trying to wet down their house and surroundings with garden hoses with the result that they are lucky if a tiny trickle is on tap for the emergency, but if a full tank is on site then the old H<sub>2</sub>O is there for the taking. Far better if the tank has a 38 mm (1½ in) outlet so that a fire pump can be connected. In this case the machine does not even have to be primed.

Dams and mains can be wrecked by fire, floods and quakes. Pollution can wash into catchments, not to mention mud and carcasses. Disease can be introduced by accident and poisons can creep in by seepage from tips or truck accidents spilling into creeks. Earthquakes can rupture pipes, landslides do not help, also dam walls can topple, result – no water. Pure water no longer comes from dams because of additives to protect the community from disease. Give me the old water tank, but don't get caught with the first few minutes of rain washing bird droppings and pollution from your roof and guttering into storage. Rain water is as pure a product as you can get, we save it for our batteries, but beware of fallout from factories, smelters and atomic experiments. English gardeners use water butts that collect water from roofs, this has an almost neutral pH, most UK ground water is very alkaline.

The Aborigines had their little tanks in the form of namma holes. These were small holes carved in rocky flat areas to secure water from the smallest showers, normally covered with a flat stone to stop evaporation, keep it cool and protect it from birds and animals.

Tanks need to be screened to stop mozzies and other nasties from gaining access. Mozzies can be a curse from this water storage as it is normally right up against the house. If the vessel is not screened a few spoonfuls of kerosene to float on the surface will knock them out. We quite often drop a few mosquito fish in. We emptied a house tank one day to find a decaying two metre black snake. We presume it had chased a frog from the overflow pipe and in so doing had dropped into a half empty tank and could not escape. In a bushfire a person should never consider getting inside a tank, if the house catches fire the water boils. I remember finding frogs boiled to the same colour as cooked prawns in one.

## TANK REPAIRS

Out west the containers sit mainly on cement bases, on the coast they are supported on wooden platforms. One should never tap an old tank to find the inside water level, it certainly gives the level, but the gentle tapping could commence a small leak. The oldest tanks should never be thrown away. We cover them on

the outside with rabbit proof netting (bird netting is a bit weak) then with pliers we twist the wire. Wearing a pair of plumber's gloves the cement is put on and dragged up the netting. Five bags of cement plus sand will make the worst tank a lifetime job. Metal tanks usually rust in the upper third because of the water level rising and falling in the upper section. Holes can be mended by twitching a piece of flywire, inside and outside then packing in cement or plasti-bond. The experts claim tanks should be cemented on the inside, this may be correct, but having worked on the inside I would not suggest this to my worst enemy. For this system holes must be punched into the iron so that the netting can be supported and pulled in against the sides with pieces of wire. It is very hard to trowel an internal curve as the float keeps digging into the mixture. The work flows with an external job.

## A VERSATILE VARIETY

Water can be collected in fibreglass, cement, corrugated iron, ships' tanks, forty-four gallon drums (200 lt) and abandoned flat 100 gallon (450 lt) oil heating tanks. Creek water can be very hard on steel tanks, causing heavy rust to occur. The very first thing done on the construction site of the Woronora dam was to punch holes in their new tanks, fit netting and cement line them as creek water was to fill most of them. When the project was completed and sold up these tanks were the last things to go, due mainly to their weight.

Councils once frowned upon tanks when the water mains were connected, now this trend has been reversed. In the past house tanks by the thousands were sent to tips. Empty tanks are often used to store grain, bee frames, guns, wood etc, and full ones to cool drinks. Some are used to shelter young animals, others to house chooks.

The green blue algae that is now polluting the Darling system and other regions can be fatal to man and beast, pity the fish. This proves once again the importance of rain tanks. In some areas I have seen flat roofs erected just to catch rain water. A thunderstorm will often top up a tank.

Fibreglass tanks, being rustproof, sit on sand as do the large cement ones. The platform for an iron one should have its piers spaced 1.2 m (4 ft) apart, thus placing the main weight over the piers. Years ago we made the mistake of having the piers on the corners of the stand, you should have seen the bend.

Councils and water boards now encourage the use of water tanks but do not make the mistake of connecting yours to the mains as this would bring about a prosecution.

Our tanks have old cement washing tubs placed under their outlets and plastic buckets swung on their stands. These buckets are very handy for a quick dip and carry to a plant or shrub. When a fire strikes it is surprising how effective a bucket of water is on a spot fire around the house. A bucket-line brigade can be the answer for survival.

Think of the panic if a city's water supply failed! If every household had a tank, millions of litres of water would be stored to relieve the pressure on our dams. Tanks a million to people who have one.



# SCHOOLING CHOICE

by Bev, Bulahdelah, NSW.

I have just read the article 'Train Up A Child' (GR 89) and would like to balance the author's opinion with my family's experience.

Our two children attend a State Central School, having spent some time before that at a playgroup and then a pre-school. We also consider that a rural environment is the best for raising children but we make semi-regular visits to the 'big smoke' (Newcastle and Sydney) to provide a wider basis of learning.

We do have a television set as we believe that TV in itself isn't evil. Using TV as an unmonitored babysitter is the real evil. We go through the programme, discuss and select shows and they are the only ones we watch. We eat our meals at the table (usually), not in front of the set. Incidentally, these views are expressed in the Primary English Teachers' Association Newsletter. (Parents can become members too.)

I don't know where the information that during the first eight years of life it is not healthful to encourage mental development through mental work comes from. Both our children (aged 8 and 11 years) love to read and write, do maths, to research, to discover the 'whys'. They also like to garden, ride horses and bikes, to care for and love all our many animals and their environment, to go camping, swimming, bushwalking, stargazing – the list is endless. They have an appreciation of music, art, poetry, the bible and other great literature. All of this well rounded approach to life was begun at home but fostered and nurtured by caring teachers. Perhaps we are lucky at our school – we have not encountered an uncaring teacher.

Yes, I would agree that the social aspect of school is important, especially as we chose to live in a rural situation. Yes, there is peer pressure, but a supportive and loving home environment helps to prepare a child for this. After all, our children will have to live, and hopefully work, in the real competitive world and we would like them to be ready when that time comes. Our children too have learnt that each person is a unique personality and that everyone has some talent – not just siblings, but adults, fellow students, handicapped persons, people of other nationalities and religions as well (all met at school).

Regarding practical skills. Our children prepare meals, do the washing (and the washing up), clean house, as well as farm duties because we as parents hope that we are doing our job in training them to become independent and self-sufficient. Now they know how to do these things we all share the duties and have a better quality of life in that we have more time to spend together. However, I feel that this training is the parents' responsibility, not the teachers'. Today's education system covers many more aspects and subjects than it did when I attended school as it prepares children to face the world as it is (as opposed to how we would like it to be). I can teach home skills, reading, writing, maths. I cannot teach legal studies, advanced computer studies, language (other than out-dated French) even though I passed my higher education studies. Therefore, let the teachers get on with teaching skills with whole-hearted parental back-up. This also applies to discipline – it should begin in the home, should be applied at school and reinforced again by parents.

We've not calculated just how much it costs to keep our children in the State education system. School uniforms (not compulsory but cheaper in the long run), some stationery and school fees are willingly paid for, but even more to the children's advantage are excursion costs (valuable because we are an isolated rural community) and the fees to enable them to join the school band. (Music is a talent I don't have so therefore cannot teach my children.) In this time of recession and unemployment if need be we could take advantage of the needy students fund to help pay these expenses so costs need not be a deciding factor.

Our children also have activities away from school where they learn skills not taught either at home or at school. Both are members of the Girl Guide movement and have attended piano, ballet, tap dancing and tennis lessons (when funds permit).

I hope that this has helped readers to form a balanced view of home schooling versus the education 'system' and then make up their own minds as to what suits their individual children's needs best. As in most things, we have choices when it comes to our children's education. There are also private and church schools which answer different needs again. No system is perfect, but we know that our own children have gained and are continuing to gain a lot from their schooling and they will continue to have what we consider to be the best of all situations – teachers from school, home and the outside environment to equip them with the skills and abilities to live happily in the real world.

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# Growing Great Fibre for Spinning and Weaving

by Betty Culver, Hivesville, Qld.

Spinning and weaving are wonderfully relaxing hobbies and a great feeling of accomplishment is achieved when you have produced your finished article. If you are aiming to sell your wool or completed garments commercially it is vital that the yarn be of the highest quality to receive maximum returns for your efforts. Even if it is to be for your own use, you will have a far superior product if you use good quality wool. Just as much time and effort are required to produce an item of inferior quality as one of good quality.

Good quality wool has strong fibres, is soft and lustrous and will retain its elasticity for many years. Inferior wool has weakened, uneven fibres and a dull lifeless appearance. After washing it may have a tendency to pull out of shape. Due to the uneven weakened fibres it will 'pill' or form small hard lumps of wool, especially in areas like the elbow that have more wear. Healthy, unstressed animals produce good quality wool. It is also important to use the correct type of wool for the purpose you have in mind.



Healthy animals like these will produce superior quality fleeces, making the time spent on their management well worthwhile.

## **SHEEP BREEDS**

### **Rug Wool**

Tukiedale, Drysdale and Lincoln breeds of sheep have coarse wool suitable for this purpose. If you prefer soft, fluffy rugs, crossbreeds with Merino are suitable. Merino wool on its own is superfine and very difficult to spin unless you are an expert.

### **Garment Wool**

Many British breeds such as Corriedale, Coopworth, Polworth, Romney or Border Leicester/Merino cross are excellent for spinning into garments. Coloured sheep are popular with spinners and are now in great demand commercially.

### **Mohair**

Mohair from Angora goats is usually mixed with wool for spinning. A mohair 25%, wool 75% mix is usual, however I have seen a 50/50 mix used for knitting or crocheting fine lacy shawls.

### **Cashmere**

Cashmere from feral goats is also used for spinning. It is superfine, as is lamb's wool, and requires a degree of expertise to spin.

## **CARE OF ANIMALS**

### **Nutrition**

Good quality pasture with a balance of grasses and clovers is essential for animal health. If your pasture is poor it can be oversown with a more appropriate mix of grasses. Your local Department of Primary Industry representative or agricultural seed stockist will be happy to advise you on grasses suitable for your area and climatic conditions. Goats and sheep can survive on rough feed, but if you want good quality fleece, nutritious feed is essential. Goats need roughage such as hay, especially in spring to prevent scouring.

### **Vaccination Programme**

It is advisable to contact your local vet or Department of Primary Industry representative who will advise you on an appropriate vaccination programme for your stock.

For those using natural methods of animal care Pat Coleby states in her book, *Farming Naturally and Organic Animal Care*: 'All too often vaccination is considered a substitute for good husbandry. Sheep and goats on balanced mineralised paddocks have been found to survive perfectly without vaccination.'

### **Drenching Conventionally**

Goats and sheep need to be drenched for intestinal parasites every six weeks, sometimes more often in some locations. There are many good drenches available and it is advisable to change the drench from time to time as prolonged use tends to build up a resistance to that substance. We have found the pour-on drenches easier to use with smaller numbers. Pour-on solutions are available to prevent infestation from ticks and lice. These are applied only when necessary in your area. Some areas are classified as tick free areas. Goats and sheep should be treated for ticks and lice 1-2 weeks before shearing.

### **Drenching Organically**

Mugwort is a herb that can be used as a worm preventative. It is a hardy and prolific bush. The leaves are chopped and added to dry feed. Molasses can be poured over it to make it more palatable. I have heard that marrow seeds crushed and added to dry feed for 3-4 days can be used as a natural wormer. The subdivision of paddocks and rotational grazing can help to break the life cycle of intestinal parasites.

**An Organic Dip for Lice:** 250 g (8 oz) derris dust, 30 g (1 oz) soap powder in 18 lt (4 gal) warm water. Wash with the mixture then dry without rinsing.

Pat Coleby recommends a method of treating the soil to produce balanced, healthy pasture and thus healthy animals, plus, when necessary, a drench of copper sulphate/dolomite/vitamin C. (Full details can be found in *Farming Naturally and Organic Animal Care*.)

## Stress Management

If your animals are under stress from exposure to poor weather conditions, the quality of their wool will suffer.

**Shelter:** Animals need to be protected from cold winds and rain. A simple three-sided shelter facing away from the wind is suitable. We used an old disused dairy shed with wooden slats over the concrete floor. It was easy to hose down. Some spinners make covers out of hessian or old woollen blankets to protect their animals in inclement weather or after shearing.

## Care of Feet

It is advisable to have a hard stand of concrete or a stony area where sheep or goats can sharpen their hooves. Keep a constant lookout for signs of limping, especially in times of prolonged wet weather. Check hooves every 4-6 weeks and more often in very wet weather. Hooves will need trimming every six weeks. Clods of mud or stones may become imbedded between goats' hooves and rub them red raw. We dipped our goats' feet in a 5% solution of alum after trimming to harden their feet.

## Footrot

Footrot is a notifiable disease. If you suspect footrot, do not treat but notify your Department of Primary Industry or vet immediately. Vaccination is available to prevent footrot. In case of footrot, your vet will advise you on the appropriate treatment.

## Shearing

With sheep, shearing is carried out twice a year for carpet wool and once a year for garment wool. Goats are shorn once a year, in spring.

## Crutching

Wool is removed from around the tail area in sheep to prevent

the wool around the tail area becoming soaked with faeces, leading to fly-strike.

## Marking

All lambs have their tails removed to stop them being killed as a result of fly-strike, male lambs not required for breeding purposes are castrated and ears are tagged.

## Wigging

Wool is clipped from around sheep's faces so that they can see properly.

## Rough Pasture

It is difficult to remove sticks and debris from wool, so grazing in rough pasture is inadvisable. Young Angora goats can become entangled in blackberries and are not able to extricate themselves.

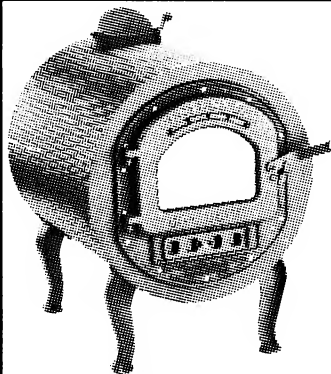
## Yarding

It is advisable to have yarding facilities for stock handling. If you have permanent yards this is excellent. I have seen a simple enclosure made from star pickets surrounded by hessian used for sheep handling.

All this does sound like a great deal of work, but if you organise your foot checks to coincide with your drenching programme and other routine procedures, this can cut down your handling time. It is well worth the effort to have healthy animals producing beautiful fleeces.

## Further Reading

*Farming Naturally and Organic Animal Care*, by Pat Coleby, Night Owl Publishers, PO Box 242, Euroa 3666, \$16.95 incl p&p. This is an excellent reference for anyone keeping livestock; it tells you how to balance your soil in order to produce good pasture and healthy animals, plus natural methods of treating sick animals.



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# SCRUMPTIOUS SCONES

by Louise Graham, Dandenong, Vic.

My Grandma always seemed to have a huge pot of soup bubbling gently on the back of the stove and a batch of crusty scones just coming out of the oven to eat with it. I can smell them now and am instantly transported back in time. My own kitchen is similarly redolent of bubbling soup in the winter time, but I have never managed to acquire grandma's knack with scones. To help myself, and perhaps other readers, to rediscover the pleasure of old-fashioned scones I have searched tattered recipe books for instructions and hints, and books both old and new for inspiring recipes, both the simple, quickly made type and some more unusual variations.

The two main requisites for perfect scones are a hot oven and a light hand. Turn the oven on to a hot setting before even gathering the ingredients, and, once you begin, work quickly with a minimum of kneading. Set your shelves high in the oven. Make sure the flour is well sifted. Use very cold diced butter for rubbing in, using your fingertips and lifting the flour as you rub. Before adding liquid make a well in the centre of the flour, pour in all the liquid at once and use a fork or knife blade to lightly and quickly mix in the surrounding flour to make a soft dough. Place the dough on a floured board and knead lightly, just long enough to form a smooth dough ( $\frac{1}{2}$ -1 minute). Pat dough out gently with the hand, or roll very lightly with a cold roller (Grandma used a floured milk bottle), and cut to your desired shape with a floured scone cutter or knife.

At this stage instructions differ somewhat, some call for a greased tray, some for a lightly floured tray, and some don't specify. My grandma used the floured tray method. I remember brushing the excess flour from the bottom of each scone before spreading it with chunks of yellow butter which immediately melted right through the scone and dribbled down my chin as I ate. For a brown crusty top brush over with melted butter before placing in the oven, or you can glaze tops with beaten egg yolk and/or milk.

Where ingredients call for shortening I always prefer butter (so did Grandma when she could afford it), but margarine, dripping, or in some cases cophia, can be used. Most scone recipes use some salt. I always leave this out, as I do in all recipes, but the choice is yours. Wholemeal flour or a combination of white and wholemeal can be used, but the recipe will need to be adjusted with more liquid and the scones will have a heavier, crunchier texture.

Once you have perfected the basic recipe, ingredients can be infinitely varied for both sweet and savoury scones. I hope you enjoy trying these recipes, as well as variations of your own, as together we keep the soup and scones tradition alive for our own grandchildren.

## BASIC SCONES

- $2\frac{1}{2}$  cups SR flour (or your preferred combination of white and wholemeal SR flour)
- $\frac{1}{2}$  tsp salt
- 45 g ( $1\frac{1}{2}$  oz) cold, diced butter
- 1 cup milk (can use soy milk)

Preheat oven to 220°C (425°F) before beginning. Lightly flour a scone tray and place on shelf near top of oven. Sift flour and salt, rub in butter till mixture resembles coarse breadcrumbs.

Make a well in centre of flour, pour in most of milk. Stir in flour from edges of bowl. This should make a soft dough, add a little more milk if needed. Turn mixture onto floured board and knead lightly. Pat out with hand. Cut to desired shape. Place scones on prepared tray (tray is hot, so take care)  $2\frac{1}{2}$  cm (1 in) apart. Brush with milk or melted butter. Bake for 12-15 minutes.

This recipe can be varied by adding herbs, cooked, crumbled bacon, sugar and dried fruits or mixed peel. For delicious savoury scones add two tablespoons of finely chopped herbs after the butter has been rubbed in and top with grated cheese before putting in oven.

## MELT AND MIX SCONES

- 2 cups SR flour
- 1 tsp salt
- 1 tbsp sugar
- 30 g (1 cup) cophia milk



Sift flour and salt into basin, add sugar. Melt cophia over gentle heat and pour into measuring cup. Add sufficient milk to make 1 cup liquid in all. Pour liquid into a well in the dry ingredients and mix with a knife to form a soft dough. Place on floured board and knead slightly. Press out and cut with a floured cutter or knife. Place on floured tray and bake in a very hot oven, 12 to 15 minutes, according to size. Glaze before baking with milk or egg if desired.

## TOMATO SCONES

- 2 cups SR flour
- 2 tbsp grated cheese
- 2 tbsp butter
- $\frac{1}{2}$  tsp salt
- 1 cup tomato juice



Cut the butter into the sifted flour and salt, then add the cheese and mix well. Blend to a light dough with tomato juice, turn out on to a floured board, fold over and pat out twice, cut, brush over with melted butter or sprinkle with a little grated cheese, and bake in a hot oven, 10-12 minutes.

## BUSH SCONES

- 500 g (1 lb) SR flour
- 1 cup sour milk

Put flour in bowl, add milk and mix quickly with knife blade. Turn on to floured board, knead quickly, pat out and cut shapes as required. Place on warm floured tray into a hot oven for 10-15 minutes. Can also be made in a camp oven.

## BUTTERSCOTCH PINWHEELS

A delicious winter snack with mugs of coffee or cocoa.

- 2 cups SR flour
- $\frac{1}{4}$  tsp salt
- 1 tbsp sugar
- 30 g (1 oz) butter or margarine
- 1 egg, lightly beaten and made up to 1 cup with milk
- 60 g (2 oz) butter, melted
- 2 tbsp brown sugar

Sift flour, salt and sugar into a bowl. Melt butter, combine with egg and milk and pour all at once into centre of dry ingredients. With a fork mix quickly into a dough. Turn out

on a floured surface and roll into a rectangle (35 x 18 cm approx).

Brush with melted butter and sprinkle with brown sugar. Roll up lengthwise and cut with a floured knife into 2.5 cm (1 in) slices. Place in greased patty pans, cut side up. Bake in hot oven, 220°C (425° F) for 15 minutes.

### POTATO SCONES

These thin, soft, brown scones are cooked in a heavy frying pan (electric is OK) and can be eaten either hot or cold.

1 tbsp butter

250 g (8 oz) cooked mashed potato

1/4 tsp salt

2 tbsp wholemeal plain flour

Cream the butter lightly and work in the warm potato. Add the salt and enough flour to make a soft, dry consistency. Knead lightly on a floured surface until smooth and roll into a circle as thin as possible.

Divide into eight wedges or, if preferred, use a cutter 10-13 cm (4-5 in) in diameter and cut into circles. Prick all over with a fork and cook for 2-3 minutes in a hot frying pan and, when brown, turn over, then cook for a further 2-3 minutes. Spread with butter and desired filling, roll up and serve.

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## BUILDING A RECYCLED WASHING MACHINE

by Michelle Edwards, Aitkenvale, Qld.

As the builder/operator of a hand operated washing machine I would like to pass on a few hints to anyone considering making such a machine. Most of the materials can be found in your shed or at the local tip, so first have a search around to collect these materials:

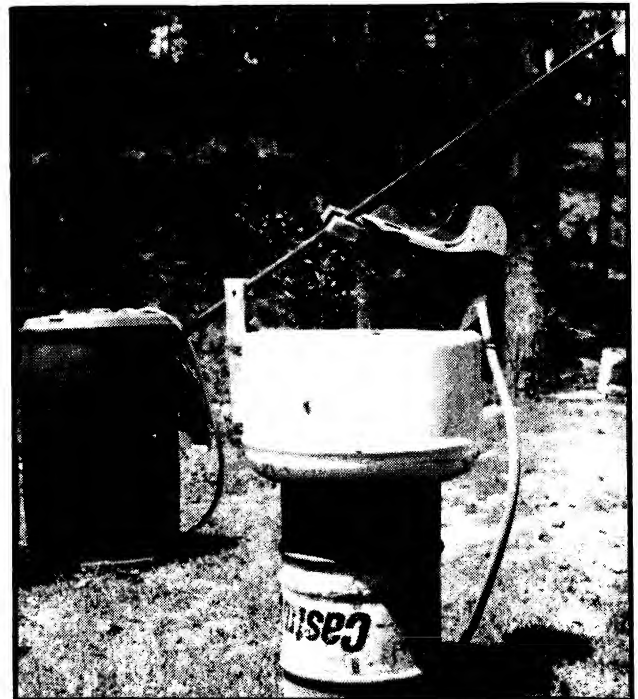
- the bowl from an old wringer type machine,
- the plastic agitator from almost any machine,
- a handle not less than 118 cm (46 in) long (thick broom handle),
- two blocks of wood 4 cm by 8 cm (1 1/2 x 3 in), one 36 cm (14 in) long, one 22 cm (9 in),
- two 9 cm (3 1/2 in) nails, two clouts and some wire,
- 120 cm (47 in) or longer of garden hose to suit outlet on bowl,
- empty oil drum, or stand of some kind,

Having assembled your materials it's time to start manufacture. First plug up the hole in the bottom of the bowl. I found body filler cheap and easy to use for this. Attach the garden hose to the smaller outlet fitting in the bottom of the bowl. Take the top out of the oil drum and half fill it with soil or sand to make it stable. Cut out a hole or slot in the oil drum below the level of the bottom of the wash bowl for the drain hose to pass through. Place the washing machine bowl on top of the drum, passing the hose through the hole. Put a wire hook on the end of the hose so it can be hung up. Use a hot piece of 8 mm (0.3 in) steel to burn holes 4 cm apart through lower part of agitator. Smooth off any rough lumps.

Take out a U shape section 2.5 cm wide by 4.5 cm deep from the top of both pieces of timber and drill a nail-size hole through the sides of the U about halfway down. Shape the end of the 22 cm piece of timber to fit inside the open top of the agitator and nail this into place with clouts. Wire the second piece of timber in place against the bowl, using the holes in the bowl. Drill holes in the handle, one not closer than 8 cm to the end

and the other over the centre of the bowl. Attach the handle by pushing nails through the corresponding holes in the wooden pieces and handle.

There you have it, an inexpensive machine which is easy on water, you only need to use an appropriate amount of water for the size of the load. I found that by letting clothes soak overnight in the machine they came out clean with a minimum of effort. It sure beats washing by hand!



Our recycled washing machine with the agitator tipped to the side for ease in loading clothes.



# Old Time Fencing Tools

by Ken Cooper, Bellata, NSW.

Without chainsaws and power tools the pioneers and bushmen of the past were reliant on a selection of hand tools on which they lavished care appropriate to the importance of good tools in an isolated area. Many of these tools can be found today in junk yards or at clearing sales on old farms. Inevitably most will be in somewhat less than perfect condition, but can often be restored to use by the pioneers and bushmen and women of the present.

## THE ADZE

An adze is essentially a smoothing and shaping tool, and they are usually seen in two types. One has a protuberance rather like a claw hammer on the head, opposite the blade, and is a shipwright's adze. The hammer part was for driving the copper nails into the planks to fix them to the frame of the ship. The other has a flat head rather like the back of an axe. They can both be used to smooth and shape wood and in ordinary circumstances it doesn't matter which one you acquire. You'd go broke making them now, so clearance and auction sales are your best bet. You have a good chance of finding that the adze offered has been used for digging in the garden by people who think the thing is a mattock, so look to see if the cutting edge of the blade is straight, or if the corners have been worn off. If so, a lot of the blade will have to be ground off to bring the tool back to working condition. There was an inlay of tool steel in the cutting edge (face) of a lot of the better brands. If you look clearly at the edge you can sometimes see the difference in the steels. There were different widths made, mine was a 75 cm (6 in), about medium size.

If the cutting edge is in good order a rub with a flat carborundum stone on the side *under the handle* would be enough, with just a couple of strokes on the side to smooth it. There should be no chips in the edge as these collect small pieces of wood when the adze is used and will deflect the adze in its path. An ordinary axe handle is no good, make sure a proper adze handle is fitted. These can still be bought, though they may have to be ordered, at your hardware store.

To fit or shape a piece of wood, measure what you want to leave and run a chalk line along the line you want to cut to. Make sure the piece of wood is positioned so it can't move or roll, this is a real danger. A movement of the timber could deflect the adze into your foot or skin. Adzes are made to cut by shaving off the wood and sliding over the wood you want to leave on the outside of the slightly curved face of the adze. Always cut *across* the grain of the wood, this allows the chip to slide over the inside of the top of the adze blade. The exception to this rule is when a step up is to be cut, as in fitting a stay or rail, or if only the centre of a log is to be worked, so as to let another log in. The centre of the piece to be cut out is still worked across the grain. If the piece to be cut out is too narrow for your adze use a mortising chisel.

Don't rush into the job, train yourself into an easy swing, and when you are tired go and do something else. Check for nails and other foreign particles and those hard little knots in the wood left by a small dead limb that has been broken off and grown over. But the main danger is the chip that sticks to the

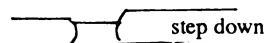
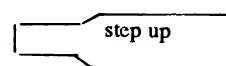
underside of the blade, maybe even a bit of sticky gum, which makes it veer off into your leg.

Most of the better slab huts were fitted with an adze, bullock bows were made with them, and can you imagine the adze-hours put into those old wooden railway and road bridges. The old hands took a lot of pride in their mastery of their adzes and one could imagine what would happen if they found someone digging in the garden with one! It would rate with feeding and watering the chooks out of a good camp oven or cast iron boiler! Ruined for ever. So keep your adze sharp and clean, don't abuse it, and you will learn to love the work. You may even try a wooden sculpture one day, if you are lucky enough to acquire a small enough blade.

adze blade



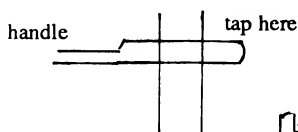
step up for stay or rail



## The Throw

Another tool much used in the old batten fence days was a 'throw'. This was rather like a meat chopper with a narrow blade, somewhat wedge shaped, which was used to split the battens used between the running fence posts to keep the wires in the sheep fences from spreading if a sheep tried to crawl through. A 'good splitter' was used, a log that split freely, maybe too freely to be used for a fence post, and was split in billets of say 30-40 cm (12-16 in) by 75 mm (3 in) by 1.2 m (4 ft 2) long. The throw was then used to split the billet into 5 x 7.5 cm (2 x 3 in) battens by placing the throw on top of the billet and tapping it through with a wooden club. They were generally blacksmith made and of ordinary mild steel, so if you find one and it's all burred up on the end away from the handle, someone had been using the back of his axe for a hammer, which marked him as a new chum. The steel handle sometimes had a bend back towards the operator, but usually the throw was kept level by pushing down with the left hand whilst tapping the club on the other end of the tool. Camps of splitters split thousands out of a good patch of timber, generally in steep gullies where trees had to grow straight and tall to get their share of sunlight. Some of these places were called 'Splitters Creek' and are still on maps as such. The battens were bored with a brace and bit and either the wire was threaded through them or they were tied on.

using a throw



battens on a six wire sheep fence



'bought' droppers of various patterns came later

## THE MORTISING AXE

Perhaps you have seen a long bladed tool like a cross between a skinny axe and a chisel on a handle. This is a mortising axe and was used to literally hack out the holes for the stays in end posts and the holes (mortises) through the running posts for post and rail fences. A man with a good eye could do a very neat and quick job, but some used it like a chisel with a handle and belted the top with a hammer. This generally burred the head and distorted the handle hole (eye), but was easy on the new chum's fingers. The mortising axe is sharpened on both sides like an ordinary axe.

## THE SQUARING AND SAPPING AXE

Then there was the squaring axe and sapping axe. These had a blade up to 46 cm (18 in) wide and about 22-25 cm (9-10 in) deep. The handle was fitted in rather loosely and held with a wooden wedge. It was generally warped to one side as well. The 'eye' for the handle was offset, so that one side of the

squaring axe was straight. When the handle was in one way, the side of the log could be shaved off square, then the handle could be taken out and put in the 'eye' from the other end and the sap could be cut off the log. The angle of the cutting edge was on the sapping side so that the blade would dig in and follow the shape of the hard wood. Many of the original power poles in the cities of Melbourne and Sydney were squared/sapped into a hexagon or even duodecigon (twelve-sided) shape and then fitted with a galvanised iron top. There are probably still some of these in use.

When the original railway sleepers were split, a line was cut the length of the log on both sides with the squaring axe and wedges driven down the line to make exact measurements. No sawn logs were allowed and all had to be 'log backs' to pass the inspector. And as far as I know, all had to be ironbark! Most of the bridge timber had to be sapped like the power poles. It wasn't bad money if you were contracting. By gee it was slow work though!

# COUNTRY DIRECTIONS

by Steve Fitzgerald, Upper Mongogarie, NSW.

Australians are well known for their love of sport. One little-recognised field of endeavour, practised since colonial times is still a popular pastime in our rural areas. Giving 'bush directions' is not only a bit of sport, but is occasionally raised to the level of an art by some of the elderly and more experienced practitioners. This came to my notice while I was delivering the last census. Older residents often have an extensive knowledge of the local area, its histories and personalities and are only too happy to help government employees on their way.

The sport of bush directions consists of giving travellers (non-local) careful and detailed instructions to their destination which are totally useless to anyone who is not a long-time resident; preferably sending the innocents abroad with the firm conviction that their goal is in hand, if not exactly in sight. A sure sign that this noble and ancient tradition is still being practised are the words, 'You can't miss it', at either or both ends of the directions.

Some common examples may be: 'Turn left where the semi-trailer full of frozen food rolled' (5 years ago). 'Three miles past Jack Smith's place', (which lacks a sign announcing Jack's presence and is out of sight of the road anyway). Or elegant in its simplicity, 'Right opposite the place which used to be painted green'.

To demonstrate how widely this sport is followed, there are even occupational variations: 'Next door to where Leo Carpenter keeps his weaners,' (for graziers). 'Right behind that place with the great cedar indoor panelling', (owner builders) 'Two places past the school bus stop', (which is an unmarked spot on the road where children appear for five minutes twice a day), (for parents). A sporting logger or apiarist may include, 'The clump of ironbark trees that are just about to burst into flower', as part of the scenic route they'll happily give you. If all else fails and specific directions *have* to be given, the rules and traditions of the game still apply, for instance, 'When you get to Craddock's Bridge, you'll know you've gone (30 kms) too far.'

Any other fans of perhaps the last sport in Australia untainted by greedy professionalism and steroid abuse who find themselves up this way and would like to call in for a cuppa or home brew and a chat, feel free. You can't miss us, we're just up from Max Owen's dip.

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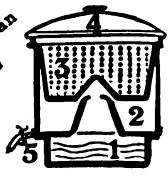

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Boil water for 35-70 minutes depending on fruit or vegetables.  
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# FOOD ALLERGIES

by G Hall, Vic.

This was written on November 17, 1991 one week after beginning a remarkable diet. I am 48 years old and for the first time for many, many years have removed all those problems, both physical and psychological from my system and can wake up in the morning and think, 'Life is worth living'. I feel as if suddenly I had removed 30 years from my age and I was a carefree 18 again, looking forward to each day as a new challenge. Over the last few years I have had these unexplained bouts of wellbeing, but this usually lasted only two days at the most, then it was as if a switch had been turned off and I reverted to my normal self.

As a child, teenager and adult, I have always had a sweet tooth. As I got older my sugar intake increased as did my problems. I joined the Army in 1966, served in Vietnam, married in 1968 and had 3 children. I started smoking at 15, have always only been a light drinker, not really ever liking alcohol. I gave up smoking in 1972 having contracted bronchial asthma which lasted some seven weeks. My weight went from 95 kg (15 stone) to 146 kg (23 stone) in six months. I also developed chronic sneezing, had allergy testing done and came up positive on 32 out of 34 tests. I have always had a short fuse, (not physical violence, more verbal), chronic tiredness, lack of interest in work, lack of communication, and numerous other problems, the list was endless. I would have good and bad days. These I ended up calling my positive and negative moods. It saved a lot of explanations, all I had to say was, 'I'm feeling negative', and I would say no more.

I was discharged from the Army at my own request in 1978. My marriage broke up, we separated and were divorced.

All my close family still live in England. I left England in 1962, hitched across Europe and Asia and landed in Australia in 1963. My mother came for a visit in October 1982. While here she thought health-wise, I was heading downhill fast, chronic overweight, hayfever, you name it I had it. She thought, 'For all the exercise you get there has to be another explanation and unless something is done *now*, you will be dead in 10 years'. Mum heads an organisation in the UK called 'Sanity', which does research into food intolerances. This organisation has been going for many years and she must have helped thousands in her time.

She suggested that as a start I give up sugar completely, that innocent product we now see advertised as good for you. Doing without it was not pleasant at all. As a help to counter the withdrawal symptoms I could take spirulina tablets, up to 15 a day at times. These I think did help, and it took six weeks to remove this craving. Low calorie and artificial sweeteners were also banned. I then became interested in alternative medicines, alternative lifestyles, *Grass Roots* magazine as well as having information and numerous books sent out from England.

Over the next few years, I must have tried all the diets, had some success, but they never really lasted. The problem with any diet is not losing the weight, anybody it seems can do that, it is keeping it off once it's off. Food cravings always seem to be there. I started taking food supplements (vitamins and minerals). My library of information increased, but the answer was not there.

After I separated I met other women, but these relationships were never long-term as they could not handle my mood swings, these went from good, to bad, to terrible. In 1986 I met my present wife, an ex-pom, and in that same year married and very nearly divorced all in one week. At our wedding I over-indulged. Shortly afterwards had a bad temper tantrum, then a second and then a third. So for the second time in my life I was off sugar and other foods I suspected. I now don't drink tea, coffee, alcohol, no dairy foods (because of my asthma), dried fruits, processed foods, salt. I also changed to wholemeal products. I have tried naturopaths, again with some success, but never long lasting.

These last few years have not been good, I seem to suffer most from TATT disease (tired all the time), depression, disappearing libido, overweight, eat too much and I know it. Still take supplements.

In November 1990, Mum sent me another book, one of many over the years, called *One Man's Poison*, by Dr Amy McGrath. There was a mention that hayfever could be eliminated. Now to be able to get that monkey off my back, I would try anything. My record for sneezing is 32 in a row. A lot of the symptoms mentioned matched mine to a tee. She had discovered, because of family problems, that people could have an allergy to the glucose and malt in commercial bread. In today's bread, which can be made in 30 minutes or so, those two products remain, but in days gone by bread was made using a long fermentation process and in this method both products vanish in the fermentation and we revert to the bread our grandparents ate.

Bread is one of man's staple foods and I now know I used to eat far too much of it. Interestingly, within five days I felt a new man. This feeling of wellbeing I had not felt in years. I felt as if I could climb Mt Everest with my hands tied behind my back. Maybe after all these years this was the answer. I could eat bread providing it was homemade and was allowed to rise for at least six hours. Sugar was again allowed back in the diet. Removal of this allergy seemed to have a snowball effect in cutting down my other allergies and in some cases they disappeared, but then returned within months. I believed that for all these years while having these allergies, my whole body defence system spent all its energy coping with this invader and then there was nothing left to handle everyday problems that might crop up.

I have always believed all my problems were food related, but what food and why? That question has never been fully explained. I know that while in a negative mood all those hidden, unpleasant traits that are in everyone surface, and when they do there is nothing whatever that can be done to stop them. I refused to take drugs, I could always control myself, but it was not pleasant and I probably upset people who could have no inkling as to why. I have heard people say, 'Don't upset George, he has a short fuse'.

Another book turned up on my doorstep recently. There was nothing special in the title *Food Combining for Health*, but what made it really interesting was that it had been written by an American Doctor born in 1866. It would seem that in 1911 he discovered what he thought was a sure-fire method of curing

later onset diabetes. It is now 1992, and we are told that no-one knows the cause and there is no cure. Little did the author realise that his method was equally successful against constipation, indigestion, arthritis, obesity, allergy, skin diseases, common cold, headaches, dental decay and all those other degenerative diseases that so plague our society.

It is called the Hay system, a diet that is not a diet. You can eat cream (neutral), butter (neutral) and unlimited quantities of certain foods. In all my years of problems I had never heard of this simple explanation. As he so aptly puts it, 'Reduce excess weight without even trying to do so,' without feeling hungry, without calorie counting, without resorting to crash slimming diets, appetite suppressants or dangerous fat reducing drugs.

The secret to all this is not what you eat, but what you eat it with. To make the explanation of a book in a few words is very hard. All foods are classified either sugars, protein (meats), starch (grains) or neutral (vegetables, cream, butter). Don't mix proteins with starches or sugars, but neutral can be eaten with both. Cream and butter are neutral, but only 50 g daily is allowed.

This diet that is not a diet, I started on Sunday afternoon, the tenth of November 1991. My weight was 114 kg (18 stone), hayfever, asthma still there as all were other symptoms previously mentioned. It was a bit complicated at first, but we now treat it as a game and once the basics are learnt it can be very simple.

The first thing that I was to lose was my cravings for foods – this took me only about 24 hours, but remembering I don't eat or drink a lot of what most people do, and this is why I had such a dramatic change so quickly. Without any food cravings or the implusive need to eat, it is a very simple matter not to have nibbles. My flatulence also vanished, I still get a small amount but nothing to what it was, remembering I have had 48 years of punishment to overcome. Hayfever and asthma have all but vanished and within 48 hours I was again feeling like I could climb Mt Everest not only with my hands tied, but backwards. Completely lost my mania for having to do that job yesterday, lost my sudden exploding anger, now calm and relaxed and with restored libido. All those hidden traits that surface in my negative moods seem to have vanished again.

I have over the last 20 years known 3 Georges. George (1), he was a bad old brute, not at all pleasant to live with. George (2) was much improved but still had unexplained problems. George (3), the present day George, is the one I hope to keep. The major drawback that I have found is my sleeping patterns have gone haywire. I used to be able to sleep for six to seven hours, now four hours is quite sufficient.

It is hard to break established patterns of eating, but I find that whereas previously three hamburgers were just sufficient, I can now hardly eat one, and could do just as well without any.

Is this finally the answer myself, Mum and other very dedicated people have been searching for? It makes sense and makes one very angry to find it has been hidden away for all these years. I will follow this Hay system of dieting as so far it seems to work very well.

#### References

*One Man's Poison The Glucose Factor*, by Dr Amy McGrath, Tower House Publications, 1/22 Wolseley Rd, Sydney 2027.

*Food Combining for Health*, by Doris Grant and Jean Joice, Thorson, available from Angus & Robertson, 107 Elizabeth St, Melbourne 3000,

posted \$15.95.

Golden Glow Products (vitamins and minerals), PO Box 202, Zillmere 4034. Excellent quality – ask for a catalogue.

Any help wanted please write to G Hall, C/- PO Box 242, Euroa 3666, enclosing SAE.

## PENPALS

Hi! My name is Fiona. I am married with two boys, eight and five. I have just moved here and would love to write to anybody in this area or elsewhere. My interests are patchwork quilts, knitting, sewing and photography and I love music. I would also love to hear from anybody who has an Airedale. Please write, all letters answered.

**Fiona Pope, 11 Graham St, BOAT HARBOUR 2301.**

Hi! My name is Melanie Moore. I am 15 years old and would like a penpal aged 15-16, girl or boy. My interests are animals, writing letters, horses, reading and swimming. I wouldn't mind a penpal from overseas.

**C/- PO Box 242, EUROA 3666.**

Hi! My name is Bridie Thomas. I am 9 years old and would love to have a penpal about my own age.

**C/- PO Box 242, EUROA 3666.**

I am a 24 year old mother with two children interested in corresponding with anyone in a similar position. Although I live in the city at present, the country life is definitely for me. My family and I will be moving onto a hobby farm soon. My interests are my family, gardening, cooking, crafts, children and *Grass Roots* magazine.

**Ann-Maree Benson, 3 Caledonia Cres, MULGRAVE 3170.**

Hi there! My name is Therese Evans. I am 14 and my interests are reading, music, horses and receiving letters. I would like to hear from people around my age. I will answer all letters.

**'Carsalee', Montaza Rd, GULGONG 2852.**

Hi! My name is Stella Evans. I am 35, divorced and have 4 children. My interests are horses, gardening, craft and reading. I would love to hear from anyone with similar interests wanting a penpal.

**'Carsalee', Montaza Rd, GULGONG 2852.**

Hi! My name is Warren Young. I am looking for a penpal of any age, female or male. I am 13 years old. I like all sports such as horseriding, swimming, fishing and running. I live on a farm and have a lot of different pets and hobbies. Please write to me.

**RMB 135, Balbarrup Rd, MANJIMUP 6258.**

## CRYPTIC GRASSWORD

*Continued from page 45.*

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# SPINNING WITH A SPINDLE

The spindle makes an ideal introduction to the craft of spinning as it is easy to use, inexpensive and simple to make. A spindle has two parts - the *shaft* or stem and the *whorl*. The shaft is a piece of 1 cm ( $\frac{3}{8}$  in) dowel about 30 cm (12 in) long, pointed at one end like a pencil and notched at the other like a crochet hook.

The whorl is a disc of wood about 1 cm ( $\frac{3}{8}$  in) thick and 10-15 cm (4-6 in) across with a hole to fit the shaft drilled into the exact centre.

To assemble push the pointed end of the shaft through the hole in the whorl. It must be a firm fit. Allow the end to protrude approximately 3 cm (1 in). When assembled a spindle rather resembles a child's toy top. There are other ways of making a spindle, but the basic principle is the same. The type described is the most commonly used by spinners.

## THE THREE PROCESSES OF SPINDLE SPINNING

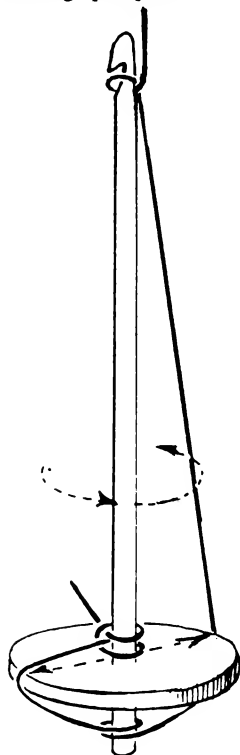
- Forming the thread by drawing out the fibres.
- Twisting the thread for strength.
- Winding the yarn.

### Drawing Out

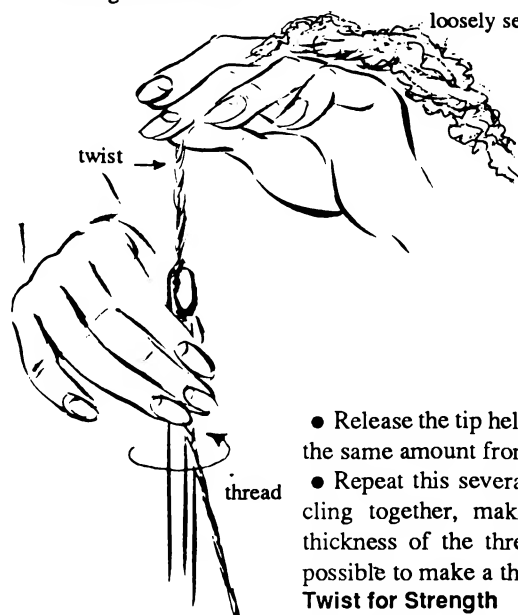
This means to lightly pinch up some wool fibres from the tip of the staple and gently draw these fibres out to a length approximately that of the staple. When handling wool is a new experience it is a good idea to practise drawing out before beginning to spin, because in this way an appreciation of this wonderful natural fibre is learned.

- Hold a prepared staple loosely in the left hand. With the thumb and forefinger of the right, pinch up a small amount of wool fibre and draw out.

Threading up a spindle.



Drawing out the fibres.



loosely separated wool

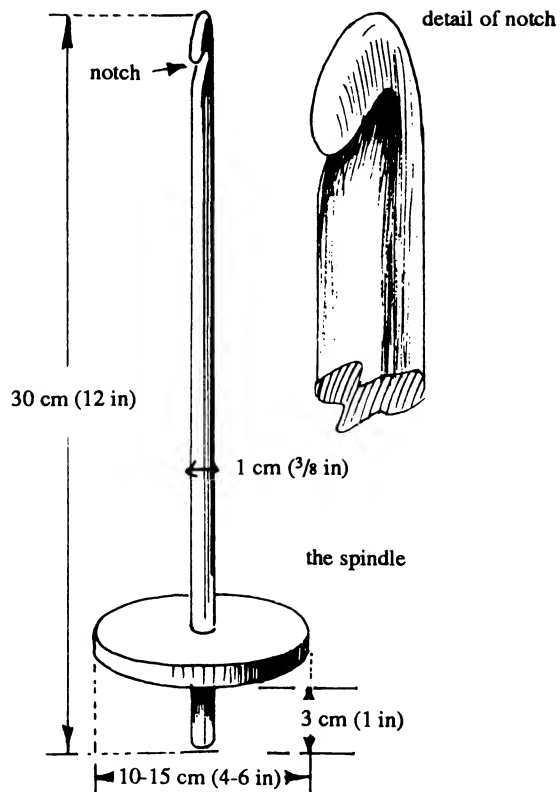
The question of which hand holds the loose wool and which does the twist and release motion often ends up being a matter of personal preference. Experiment to find which suits you.

Likewise with the clockwise and anti-clockwise motions of spinning and plying. If you spin clockwise you must ply anticlockwise and vice versa.

- Release the tip held with the right fingers and draw out about the same amount from the staple again.
- Repeat this several times and observe how the wool fibres cling together, making it a simple matter to regulate the thickness of the thread. Test yourself to see how long it is possible to make a thread in this manner.

### Twist for Strength

The drawn thread lacks strength. The twist gives it strength. Twist is put into the thread by the spinning of the spindle. Therefore, by drawing out, the spinner regulates the thickness of the thread and even texture of the yarn. The spinning of the spindle gives the thread strength by adding twist.



Diagrams are from *Spinning and Weaving*, Glen Pownall's Creative Leisure Series, published by Ure Smith, an old but very useful book which may be available through your library.



## Winding Yarn

When the shaft is filled with yarn, it is wound off into a ball.

## PREPARE THE SPINDLE FOR SPINNING

A length of about 90 cm (3 ft) of spun or thick manufactured yarn is used to make a leader.

- Attach the leader to the spindle. Tie the leader firmly to the base of the shaft above the whorl and wind it round the shaft a couple of times.
- Draw the leader across the top and under the whole looping it round the end of the shaft.
- Bring the leader up to the top of the shaft and loop it with a half-hitch under the hook to hold it securely. The spindle should hang straight and secure when held suspended by the leader.

## PREPARE THE WOOL FOR SPINNING

- Pull a staple of wool from the fleece.
- Loosen the fibres by using either a steel dog comb or the finger tips.
- Join the wool to the leader.

## JOINING THE WOOL AND LEADER

There are two methods of joining. The *splice* or the *tie* method.

### Splice Method

- Tease out about 10-15 cm (4-6 in) at the end of the leader.
- Draw out about 10 cm (4 in) of wool fibre and lay it along the teased out leader.
- With the wool held loosely in the palm of the right hand and the teased ends of the leader and wool held firmly in the finger tips, take hold of the top of the shaft with the fingers of the left hand and give the spindle a sharp downward clockwise twist.
- With the spindle spinning smoothly, observe how the twist is travelling up the leader thread and into the splice. When a firm join has been made draw out more fibres as previously described.
- Keep repeating drawing out, keeping the spindle spinning to twist the thread and drawing out again.
- When the longest possible thread has been spun, release the half-hitch and wind the yarn on to the shaft. Avoid allowing the twist to travel into the wool held in the palm of the hand. Replace the half hitch and continue to make your own yarn.

### Tie Method

Draw out about 10 cm (4 in) of wool fibre and knot it securely to the leader thread.

- Hold the wool in the palm of the right hand while holding the knot joining leader and wool in the finger tips.
- Continue as for splice method.

## PLYING

The spinning term *ply* means to put two threads of yarn together to make a two ply yarn. This term denotes two threads twisted together and does not refer to the thickness of the yarn.

### To Ply

- Take the ends of two balls of spun wool and tie them to the end of the leader.
- Place the balls of wool each in an individual box or basin behind the spinner, bringing the threads over the shoulder.
- Spin the spindle in an *anti-clockwise* direction, and as a twist is formed in the wool draw more over the shoulder. Continue until the shaft is full, then wind plyed yarn off into a ball.

## HINTS FOR SIMPLER SPINDLE SPINNING

- Paper bobbins can be made to fit over the spindle shaft, thus forming reels for easy removal of the wool from the spindle.
- To make paper bobbins - a square of paper approximately 15 cm (6 in) rolled from a corner and secured with sticky tape. The shaft of the spindle is used to roll the paper round and assures a good fit.
- Bobbin holders are made by passing knitting needles through the sides of a suitable box. The needle is passed through the bobbin of wool when it is removed from the shaft. Spun wool is stored conveniently on these bobbins and winding the wool into balls is not necessary. Plying can be done directly from these reels.
- Support the spindle on a flat surface such as a chair or a low table. This support prevents the wool from breaking and is a help to the beginner until confidence in using a spindle has been gained.
- Wool spun with a spindle can be used for knitting as a single ply, however care must be taken to avoid too fine a thread which could lack strength.
- Too much twist in a single ply thread can cause the knitted garment to 'spiral' or corkscrew round the wearer.
- Plying with a spindle is easier and the threads are less likely to tangle if the wool from two reels or balls are wound together into one ball (double yarn) and then plied.
- Hand spun single ply is a most useful yarn to add texture interest to weaving and mixes well with manufactured yarns.

Reprinted from *Wool Gathering*, a publication of the Hamilton Wool and Craft Guild. Copies are \$12.50 each. PO Box 567, HAMILTON 3300.

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# AQUACULTURE

## Part IV

### Larger Fishes

by Nick Romanowski, Colac, Vic.

The larger animals in an aquaculture are usually the main edible products you expect to harvest, however I've already explained that many waterplant products are useful for small-scale growers, and that some of these are among the most productive edible plants known. Smaller animals are generally just fodder for larger animals, but some, such as yabbies and several freshwater prawns, are well worth eating in their own right. This article deals with all larger fishes available for aquaculture in Australia, not all of them highly recommended.

#### LARGER, NON-NATIVE FISHES

In the tropics some Tilapia (their old scientific name) are grown as fast-maturing, crowding-tolerant food fish. Several species have been introduced into the wild in northern Australia. All breed too readily at very small sizes, so if you keep them in a dam you will end up with a mass of stunted, useless fish which you will have to poison to completely remove. Apart from being the wrong species for aquaculture (the good ones aren't legally available in Australia), they're also absolutely black banned and the penalties for releasing them into rivers or dams are becoming higher. The southern Australian equivalent is the redfin, which also can breed at very small sizes in dams and will leave you with hundreds of small, fine-boned fish which are, however, large enough to eat young fish of any species you try to introduce. Redfin also carry a virus-like disease which may transfer to other fish so it is now illegal to move live ones around Victoria, and with time will probably be illegal everywhere.

The best known introduced fishes in Australia are probably trout, of which two species are available for aquaculture. Brown trout are a European species which tends to be a little more tolerant of poor water quality, but not of higher temperatures as the rainbow trout, but the difference isn't great. For either species you will need a dam which stays *at least* three metres deep even in the driest summer, or the trout will die from overheating. Although trout have a great reputation as food fish, they are over-rated. Certainly a fresh trout is nice enough, but there are better quality native species. Their great advantage for aquaculture is that they'll grow in those deep, cold dams where not much else will do well. However, as they are top predators, a dam won't support as many trout as it will of some other fishes which are less limited in their diet. One important difference between rainbow and brown trout for home aquaculturists is that rainbows usually don't eat yabbies. A big disadvantage of trout is they must constantly be bought in because they won't breed in dams. Furthermore, if you haven't cleared all the larger trout out of the dam before putting more in, the adults may eat many fingerlings. A design in *Permaculture Two* shows an ingenious method of spawning trout in a still dam. A wind pump fills a reserve water supply, which is gravity fed through a small 'race' where the trout will spawn. This device has never been tested, because it cannot work. No matter how much oxygen is forced into this system,

the water will be too warm to hold as much oxygen as the cold, sterile waters trout need to spawn; in any case the purest dam water is polluted compared to a trout spawning stream!

While on the subject of trout, redfin and permaculture, I must also discuss another design in the same book which is presented as a tested system. In this, redfin (described as herbivores, which they are not) are kept separate from trout in the other half of the dam by a net. The redfin don't have a chance to overbreed and become stunted, because the little ones which swim through the net into the trout half of the dam are eaten. I have often wondered how the ingenious designer of that system felt as he or she watched the trout merrily leaping across the net on warm, spring evenings – they are spectacular jumpers and could probably clear a net standing two metres out of water if they wanted to. Unfortunately, I know this system has been copied elsewhere, so I must remind you of my warning at the beginning of this series. *Don't* set up or copy elaborate systems for your natural aquaculture unless you have a very good understanding of the biology and chemistry involved (and if you do, you probably won't consider anything fancy).

Once the net barrier has been seen to be a farce, I am usually asked, 'Won't the trout still keep the redfin numbers down?' Well, they will, but there's no point having either species unless you are going to eat the larger ones. Once the larger trout are eaten, the redfin are free to overbreed again and you'll find it expensive to replace the trout with fingerlings because many will be eaten by the larger redfin (their mouths and stomachs are big for their size). In the end, this short section comes down to a moral about redfin; they're no good in dams, and they aren't wanted in our rivers. Of course, if they already are in your local rivers the bigger ones make good fishing and eating.

Several members of the carp family have been introduced; none are really much use in aquaculture. Roach are stunted, little bony things. Tench may have slightly more potential but are slow growing and also very bony. Carp have been introduced several times from very different sources, the last importation was an aquaculture strain which has taken off in southern rivers in a big way, and carp are now treated as noxious. Yes, they will grow under conditions which would kill other fish, but they are fatty, bony and have a rather 'muddy' flavour which can be reduced in a number of different ways without being completely removed. There are people who like the flavour of carp, but they have usually come from countries where carp are almost the only fish available and have acquired the taste from necessity.

#### LARGER, NATIVE FISHES

Only two larger, native fishes with considerable aquaculture potential are readily available at present, but it is likely that several more tropical species will be cultured in the future. Catfish (*Tandanus tandanus*) are my favourite on all counts. They feed on a variety of foods so fairly high numbers can be stocked, their meat is high quality and can be filleted readily, and they grow large and reasonably quickly.

Apparently some people find *Tandanus* quite ugly, and won't eat them for this reason. There isn't much point commenting on this kind of foible (especially when *Tandanus* are consistently excellent eating, unlike many other freshwater fishes), but I wonder what these people would think if they could see some of the seafish they buy at high prices before they were filleted.

Unlike many other native, freshwater fishes, *Tandanus* will breed in dams, usually once they are four or more years old, but water levels must not rise or fall too much in a short time or the rest will be abandoned before spawning. They grow fastest in warmer areas, but climates as cold as southern Victoria are perfectly satisfactory if you don't mind waiting longer before being able to eat them.

Silver perch (*Bidyanus bidyanus*) is another good prospect for aquaculture; the flesh is not as good quality as in *Tandanus*, although still well worth eating. Critics say it has too many fine bones; what this means is that they couldn't be bothered filleting the fish properly and eating the cooked silver perch carefully. As the bones are all in neat lines in predictable places and properly cooked flesh should fall away from the bone at a touch, it isn't hard to avoid touching a single bone.

A great advantage of silver perch is that they feed on a very wide range of foods including some vegetable matter and microscopic animals, so relatively large numbers can be stocked in a dam compared to top level carnivores. Although they breed in dams, this is most likely after long periods of warm weather which are followed by heavy rains or a rise in water level.

In southern Australia, the only other reasonably reliable aquaculture prospect is the blackfish (*Gadopsis spp.*). Although these only grow to fairly small sizes in dams and aren't prolific breeders, they will do well in cold winter conditions and are excellent eating. Blackfish aren't available commercially so you will have to catch a few of your own; they will breed thereafter if you provide them with snaggy areas or hollow pipes for shelter. For Tasmania, blackfish are the only native species available for aquaculture as importation of any fish from the mainland is banned. Other species such as catfish are also not allowed into other areas (e.g. southern Victoria) unless you can demonstrate to the appropriate authorities that there is no chance whatsoever that they will escape into natural waters. In any case, wherever you live, you should check the current regulations as to which fish you are allowed to stock in your dam as regulations are presently in a state of flux in all states.

Two other native fish are regularly available from commercial growers. Murray cod (*Maccullochella peelii*) should never be stocked, and the same is probably true of related species such as the Clarence River cod (an unnamed species). Murray cod are territorial and cannibalistic, so no matter how many you stock it is unlikely that you will get more than a few larger fishes at the end. They also seem to grow fairly poorly in dams. Golden perch (*Macquaria ambigua*) or yellowbelly is smaller, less cannibalistic, and grows more uniformly in dams. Although the flesh is generally as good in quality as that of the Murray cod, I have often tasted a 'musty' flavour in dam-raised fish which is not particularly pleasant. This is usually described as 'muddy', but is probably caused by fungal organisms.

The rest of the fish to be described are not available commercially, or are expensive. The cobbler (*Tandanus bostocki*) is the SW Western Australian version of *T. tandanus*;

although generally smaller, it may have similar aquaculture potential to the eastern species. Several of the closely related *Neosilurus* species grow quite large (most are too small to eat) and may have potential as dam fishes in northern Australia.

A number of grunters grow quite large and are being looked at as future aquaculture prospects. As the diet of some includes a huge variety of foods (even fruits, algae, and flowers) they may produce a few prime candidates for aquaculture for northern Australia. Of these, the sooty grunter (*Hephaestus fuliginosus*) is likely to be the first to become commercially available.

Sleepy cod (*Oxyeleotris lineolatus*) despite the name, is actually a goby; it is a lackadaisical fish which spends much of its life lying on the bottom of a dam waiting for prey animals to swim past. It will breed in dams and has good quality flesh. Unlike most gobies it may reach large sizes (up to three kilograms) and is regarded as having strong potential for aquaculture in northern Australia.

Barramundi (*Lates calcarier*) is also being farmed wherever warm enough water is available. It is very good eating, but is an aggressive carnivore which won't improve the total amount of food you can extract from a dam, and won't breed in such conditions either. Saratogas (*Scleropages species*) are rarely available, and are incredibly expensive where they are. These are vicious, bony predators which aren't worth eating. However, they are attractive and great sport fishing if you are into that sort of thing.

Of the remaining species to be mentioned, only Australian bass (*Macquaria novemaculeata*) is suited to southern Australia. This is really a fish of estuaries. It grows very slowly in dams and will not spawn in them; it is only really of interest to sport fishers. Archerfish (*Tonotes chatareus*) may breed in farm dams. These grow only to about 500 grams usually but are nice eating. Their potential interest for natural aquaculture is that they can knock insects off overhanging vegetation with a jet of water, so they may use a food resource which is not available to other fishes. A number of other species may have some aquaculture potential, but so little is known about their place in aquaculture that there is little to say about them except 'maybe'. These include some mullets, fork-tailed catfish, mouth almighty, snub-nosed garfish and spangled perch. Some of these species may breed in dams, and you should be wary of introducing these because they may be difficult to eradicate if they develop any nuisance value.

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# Down home on the farm

by David Miller



When I originally considered leasing an irrigation property for breeding our cattle, I had in mind the vagaries of the seasons. In dryland farming the timing of the autumn break (the first persisting rains after summer) is vital to the success and efficiency of the enterprise. If there is early and consistent rainfall in the warmer months, just before winter, the grass grows well and there is nutritious feed for stock in the later months when it is too cold for growth. If the first rains are late, it is too cold for proper growth and much more hay has to be fed to get the cattle through winter in reasonable condition.

On an irrigation property, if there is no rain you can irrigate to keep pastures growing through summer, or start them off early in autumn so they are producing well before late rains.

This year is my first year working an irrigation farm, and winter rains are late again. In fact, as I write, we have had our second proper fall and that is in the middle of May. It is now too cold for any significant growth on the dry country, but I have been irrigating the winter pasture since March, so we have had excellent growth and the cattle are benefiting enormously.

This does not mean that no hay has been fed. Cattle have had hay for the past six weeks to keep them in good condition as their calves are growing well and making higher demands on the milk supply. They have been offered a mineral supplement which consists of dolomite, seaweed minerals and copper sulphate. The copper seems to help with liver fluke, a parasite which is carried by a water snail prevalent in irrigation channels.

It is interesting to see the difference in behaviour of the various breeds when there is a shortage of feed. The Highland (Scottish) and Salers (French) both work the paddock constantly, cropping the grass wherever they find it and looking rather surprised and grateful at a hay delivery. The crossbred cattle, however, will mostly wait at the gate if they feel the feed supply is dwindling and hay is on the agenda. Both our stud breeds are mountain cattle which seem to have retained their instinct for foraging as an activity, regardless of where they are kept, so are far more efficient.

Both breeds grow a longer hair coat in winter to protect them from the cold. The Highlands, in particular, are looking shaggier already, even though the cold weather has just begun.

Now that the firewood season is upon us, the poultry have their first chance of a green pick of fresh grass. Many must have forgotten what green grass looks like, while for some of the younger fry it must be a new experience and one that they relish. Megg is a great believer in fresh food for the poultry and manages them so they all get their time outside to graze. She says they get extra minerals as well, and much more exercise, all of which produces healthier, robust stock with a natural immunity to disease.

There is also some reorganisation happening on the poultry scene. Megg has decided to reduce her workload by curtailing her breeding activities to limit the total number of birds she keeps. This will allow her to concentrate on maintaining her stock of utility and rare breeds. The utility breeds are dear to

her philosophy of self-sufficiency, the good all-rounders which breed well, lay consistently and are always to be seen foraging further across the paddock than other birds. Megg feels these are too important to let die out and she has patiently improved her stock over the years to retain the important practical qualities as well as developing lines that are true to type. This interest in preservation has also overflowed into the rare breed area. There are breeds which Megg has persevered with over the last 10 years which have been near extinction in Australia and she has dedicated part of her breeding programme to developing and improving them. Megg feels these two activities are enough for one person to manage.

Maria, our Maremma stock-guard dog, is still an important part of the poultry industry. I happened to be speaking to her breeder recently and mentioned that we were still quite surprised at Maria's ability to combine being the ideal family pet with the instinct to guard stock. Usually if a dog becomes a pet it is inclined to lose interest in the livestock and want to guard the family. Apparently Maria's mother is exactly the same, an unusual dogonality characteristic which has been passed from one generation to another.

Maria surprised us the other day. As we were standing talking in the yard, she sounded out with a 'keep off' bark for no apparent reason, until we followed her gaze. She was looking and barking at birds directly overhead which in her judgement were infringing on family territory. Amazingly she had identified a pair of pelicans who, with long bills outstretched, were changing dams in their search for food. They were not on Maria's list of protected species.

Sunshine seems to be experiencing a demanding final year at high school. Our conversations always include discussions on assignment deadlines and the degree of difficulty in the subjects she has chosen. Much of the pressure seems to come from the constant, unremitting effort required to obtain a final score which will give her a chance at her selection of career. The task is further complicated by the fact that many students do not know exactly what they want to do after high school, they are not guaranteed employment of or a tertiary place, and even if they are successful at tertiary study, there is no guarantee of employment thereafter.

We realised at a recent parent-teacher evening that our observations were not just specific to Sunshine. Many of the other students we have met over the years showed signs of the strain and there were plenty of concerned parents in evidence. I suppose the current state of the economy makes the acquisition of self-sufficiency skills and the awareness of alternatives even more important. The parents who encourage creativity, resourcefulness and ingenuity through a culture of family self-sufficiency will always be healthy, happy and independent. Children and adults who learn by example that spare time is a time for activity and fulfillment will be less inclined to fall victim to the self-destructive dependencies of the 20th century.

# Recent Releases

On this page we present information about newly published books that we feel will interest readers, with details of prices and publishers. We no longer distribute books for other publishers so if you're interested in buying any of the books described here, please order them through your nearest bookstore.

## **LAND CARE MANUAL – Brian Roberts.**

The condition of Australia's rural land today indicates that 51 percent of all crop and grazing land has suffered greatly from degradation, largely due to inappropriate and/or exploitative farming methods. While it is not useful at this crucial time to apportion blame, it is very useful to farmers, landowners and government authorities to learn more about the causes and effects of land degradation and measures which can be taken to overcome them in a sustainable way. To do this the book draws on the author's experiences in all states between 1972 and 1991, and from case studies of practical situations from the Kimberleys to Tasmania and from the Western Australian wheat-belt to the cattle country of north Queensland. Amply supported by charts, graphs and maps the text is easy to read and discusses in detail many methods of rectifying such problems as salinity, wind and water erosion, acidity, water logging and herbicide persistence. As well as being very practical the book discusses the history, growth, problems and future outlook of the land care movement in Australia. P/b, 162 pp, New South Wales University Press, PO Box 1, KENSINGTON 2033, RRP \$24.95.

## **NEW PLANTS FROM OLD – Jackie French.**

This is another extremely practical, clearly written gardening book from the prolific pen of Australia's most well known organic gardener. In it she asks the question, 'Why buy your garden' when seeds and cuttings are so readily, and usually freely, available? She then proceeds to answer it by clearly describing how you can propagate your own garden by striking, budding, hybridising, layering, dividing, seed collecting, grafting, cross-pollinating and germinating. In this way you can enjoyably create an individual garden for very little cost, preserve the genetic heritage of old favourite plants from family and friends and create your own to suit your particular needs and conditions. As well as general propagating advice there are specific details given on many plants, both the edibles and the ornamentals. P/b, 128 pp, Aust, Aird Books, RRP \$16.95.

## **APPLIQUE WORKSHOP – Cheryl Arnotts.**

This book shows anyone having access to a sewing machine with a zigzag stitch how to create applique designs to enliven and individualise clothing and household linen. It is designed to be used as a workshop manual which begins by teaching the simple skills and progresses gently to more advanced projects. All projects are well-illustrated, both with colour photographs and step-by-step line drawings. Projects range from children's windcheater designs – including Australian and Christmas designs – to a baby's ensemble, a cubby house, a kitchen setting and a quilt cover. Also included are recommendations for fabrics, suggestions for adapting patterns, ways to add texture and movement and even sound, and a useful variety of time-saving hints and tips.

P/b, 114 pp, Aust, Penguin Books Ltd, RRP 29.95.

## **NATURAL FERTILITY – Francesca Nalsh.**

Most women have fertility or hormonal problems at some stage of their lives and many are becoming increasingly reluctant to undergo conventional medical treatment involving drugs, hormone therapy or surgery. This book provides clear and well researched information about both orthodox and natural alternatives available to help women make intelligent choices relevant to their own situations. It allows women to understand and work with their own fertility cycles from puberty through to menopause, rather than attempting to manipulate or over-ride them. The book is very readable and well-illustrated with clear line drawings and graphs where appropriate. The inclusion of a number of case studies gives a valuable insight into how natural methods can work in individual circumstances, with many studies illustrating the value of taking a holistic approach.

P/b, 340 pp, Aust, Sally Milner Publishing P/L, RRP \$24.95.

## **ALLERGY PREVENTION FOR KIDS – Dr Leo Galland.**

Parents are becoming increasingly concerned with what their children eat and how their diet affects health and behaviour. This book contains detailed advice about children's nutritional needs at all stages of development and how these needs can be met. Much stress is placed on foods to help children develop a strong immune system, especially maintaining the supply of EFAs (essential fatty acids) which are commonly deficient in young children. Many common childhood health problems are discussed, along with suggested methods of treating them through diet or correct use of supplements where necessary. A collection of nutritious recipes, including snacks and sweets, complements the advice given throughout the book. 'Health is more than the absence of disease. Health is the vitality that confers resistance to chronic disease. Nowhere is this easier, to see than in the face of a happy child at play'.

P/b, 256 pp, Aust, Allen & Unwin, RRP \$19.95.

## **THE COMPLETE BOOK OF PRESERVING – Good House-keeping.**

This well-presented collection of preserving recipes, instructions and lore will be welcomed in any self-sufficient cook's kitchen. All recipes have been double tested in the famous Good Housekeeping kitchens to ensure reliability. The book contains one of the most comprehensive and varied collections of jams, pickles, chutneys and mincemeats to be found anywhere, from old favourites such as strawberry and raspberry jams to more exotic fare such as rosy tomato jam, japonica jelly or bitter lime jelly with pernod. Other sections cover butters, cheese and curds; sauces, ketchups, vinegars and oils; drinks and liqueurs; candying and crystallising and much more. A section on microwave preserves will be welcomed by many looking for a quick method of making small quantities of jams or pickles. As the book was not produced in Australia some of the ingredients may not be readily available, however advice is given about acceptable substitutes. The quality presentation, including beautiful colour photographs, will make this a recipe book that is not only extremely useful but a joy to own and also a most acceptable gift.

H/b, 224 pp, Aust, Simon & Schuster, RRP \$39.95.

## **FOLK ART AND TOLE PAINTING – Kate Coombe.**

Folk painting is one of those delightful 'old' crafts which has seen a resurgence of popularity, perhaps because it is a craft in which almost anyone can achieve stunning results. Old wares can be given a new lease of life and characterless modern pieces can quickly be given an interesting new dimension. Items suitable for folk artwork include cupboards, picture frames, flower pots, watering cans, mirrors, shelves, saucepans, benches and bedheads. This book gives you all the essential information to tackle the task, from preparing the surface, to explaining techniques, advice about equipment and step-by-step instructions for seventeen projects. Each project is beautifully illustrated with colour photographs and stencil designs are provided. Anyone looking for a cheap, easy and rewarding craft to while away the dull winter days will find this book extremely useful.

P/b, 66 pp, Aust, Sally Milner Publishing P/L, RRP \$19.95.

## **HIDDEN HAZARDS – Dr Ronald S Laura & John F Ashton.**

Most of us take the comforts and conveniences of our technological society for granted, but a growing number of people are questioning whether many of these so-called benefits may have hidden hazards. The authors investigate in detail such areas as flouridation, aluminium, prescription drugs, convenience foods, mercury, food irradiation, microwaves, electrical appliances and many more. As well as discussing the hidden hazards of the modern world the book provides information about how to overcome, minimise, or avoid the hazards and make our individual environments safer places to live; even so, I found it depressing reading to be taken in small doses only.

P/b, 296 pp, Aust, Bantam Books, RRP \$24.95.



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We hope you enjoy this feature introducing new products relevant to readers' lifestyles and interests.

## 1992 PADDY PALLIN CATALOGUE

On May 20th this year Paddy Pallin, Australia's leading retailer of specialist outdoor and travel equipment, launched a fully comprehensive mail order system to service all those people in Australia who cannot access a specialist store and all those who prefer to use the mail order facility. A 56 page full colour catalogue printed on quality recycled paper will contain everything from tents to torches, sleeping bags to stoves. All the products exclusively produced by and for Paddy Pallin plus many other top quality brand names will feature. The catalogue will be available by writing to:

**Paddy Pallin Mail Order, 360 Little Bourke St, MELBOURNE 3000. Ph: 008-805-398.**

## SOLAR INVERTERS

The conversion of low voltage DC into 240 volts AC is the function of an inverter. The Trace Inverter range features state of the art products. Many inverters are only about 80% efficient. The Trace is the only inverter in its class offering up to 95% efficiency. A really good inverter must be able to support very high starting loads, such as washing machines. The higher powered Trace will surge to 6000 watts and maintain 2000 watts for 20-30 minutes. When you need 240 volt AC power from batteries, Trace is the answer. Two 12 volt input models and one 24 volt model are available. Ideal for domestic, boat and caravan use, Trace inverters are backed by a two year warranty. For more information contact:

**BP Solar Australia Pty Ltd, 1/98 Old Pittwater Rd, BROOKVALE 2100. Ph: 02-938-5111. Fax: 02-939-1548.**

## AUSSIE WOOL QUILTS

All natural fibres for a safer and healthier lifestyle. Wool products do not attract dust mite as do feathers. The coverings of all products are of top quality pure cotton, unbleached calico. For anyone with severe chemical allergies the material can be prewashed using rainwater and low allergy soap. The wool is especially selected to provide durability and to retain its softness and bounce. The wool is scoured commercially before use and aired well so it does not retain any chemical residue. The wool is also carded and layered in all products to provide a smooth and long wearing product. The quilts and underblankets are overstitched to hold the filling in place and prevent cold areas or lumping. As these products are handmade some variation will occur in thickness and stitching, but this will not affect the warmth or wearability of the products. The quilts come in medium which is approximately 2 blanket warmth and thick which is approximately a 4 blanket thickness. Also available and exclusive to Aussie Wool Quilts is the 'duo' where one half of the quilt is medium and the other thick. This works very well where couples do not feel the cold to the same degree. The pillows come in 4 thicknesses and will fit standard size pillowcases. Underblankets and mattresses are also available. For further information contact:

**Shirley Hall, RSD 2276, Bullswamp Rd, WARRAGUL SOUTH 3820. Ph: 056-261-242 to 9 pm.**

## INTERCEPT DIRTY ROOF WATER

The vision of crystal clear rain water cascading off the roof into holding tanks for sweet tasting, household use is often marred by the myriad of contaminants on the roof and in the pipes. The C-Mac Interceptor, distributed throughout Queensland by Standfast and Associates, ensures the first 50 litres of water off the roof is diverted away from the tanks and held, if required for garden or other use. The problem of ensuring the rainwater entering the tanks tastes pleasant can be tedious. Roofs are usually blessed with leaves, air pollution, bird and small animal droppings, and dead insects. All this flows into your tank or worse, blocks your filter if you happen to have one, stopping that valuable rainwater from even getting into your tank. The Interceptor stops all that debris getting into the tank through a floating ball system. Once the 50 litres is collected, water flows straight into the tank and you are assured of clean water going in. It is constructed of galvanised steel and has a floating ball which rises as the level of water rises in

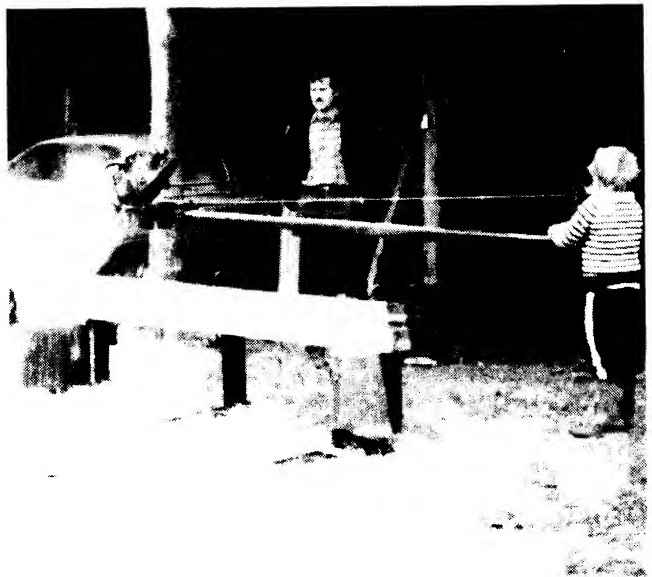
the holding tube. When the ball reaches the top, it seals the Interceptor and the water flows over the top. A second layer of screening then begins as there is wire mesh across the pipe feeding the tank as well, for smaller items that were not washed away in the first 50 litres. After the rain, water in the Interceptor can be accessed through a tap on the bottom or simply flushed away. The bottom of the Interceptor can be removed for easy cleaning, as can the mesh at the top. During periods of regular heavy rain, the owner can elect to leave the Interceptor full, ensuring all rain flows directly into the tank. Cost is \$269, specs and info brochure included in the kit. Retailer enquiries welcome:

**Standfast and Associates. Ph: 07-356-6988 or AH 07-425-3294 for availability in your area.**

## PORTABLE MILLING BENCH

Ever noticed roadside workers cutting limbs into firewood or even more wasteful into wood chips? Seen fallen branches that would make useful timber, landscape developments with useful logs and limbs in heaps waiting to be burnt? Trees such as elms, beeches and various fruit trees make excellent sources for the most amazingly coloured and textured timbers. Often such trees have a whole variety of foreign inclusions (nails to gumboots) which dramatically affect colour and grain configurations. This is particularly relevant to the turner and carver, but increasingly such individual pieces of timber are being included in work done by joiners and owner builders. Such a wide variety of interesting tree species are often difficult to process into usable planks for a number of reasons. At the same time, it is advisable to talk to a professional about how to best mill your described species so that you can avoid cutting that 'prize' into firewood. Fallen limbs, salvaged trees, local road side limbs from trimming operations, even that landscape clearing of trees are easily turned into useful timber with a chainsaw and this bench. It can be carried to the log as it disassembles easily into light, manageable pieces. It is modular with track and legs being added as required. It easily dismantles to fit into a roof rack. For safety, the operator stands in an upright position away from the saw, dust and chips. The bench can be used to mill planks, fencing material, bridge timbers, lining material, structural timber, shingles, shakes, even boat keels, even burls on site. It can mill and slot four sections with tongue and groove suitable for log cabin construction from one log and leave a straight flat surface on the inside plus four fence posts. The log is progressively slabbed even to 3 mm in thickness. The slabs are then recut in one stack to any size timber required. For further information contact:

**K. Kilby, C/- Masons, Dunplops Rd, BIRREGURRA 3242. Ph: 052-362-356.**



# GRASSIFIEDS

## HOW TO ADVERTISE

Use the form provided at the end of the Grassified section, or a separate sheet of paper, to print your advertisement clearly, not in block capitals, including correct punctuation. Remember to include an address or phone number in your advertisement. Count the number of words and multiply by 40 cents per word (all types of property) or 30 cents per word (all other classifications) to work out the total cost of your advertisement. Send your advertisement and payment to Grassifieds, PO Box 242, Euroa 3666 before the advertised deadline and we'll include your advertisement in the next issue of Grass Roots.

### PROPERTY FOR SALE

#### NEW SOUTH WALES

**4 ACRES, BINNAWAY (Coonabarabran),** fully fenced, 500 gal water tank. Sell with self-cont Franklin caravan (13 ft), excell cond with 2 way fridge, stove & very good annexe. Views to Warrumbungles. \$12,500, 12 months interest free. Ph: 042-323-362.

**TABULAM, RURAL RETREAT, 350 ac,** partly cleared, private access to sealed road. 5 dams, creek to boundary, well fenced, 3 dwellings, 2 with solar power, ph & septic, abundant wildlife, ideal tenants in common. \$180,000. Ph: 066-663-611.

**NYMBOIDA, SECLUDED 100 ac bush** retreat, a few km from village & close to river. \$55,000. Ph: 066-494-247.

**CREEKFRONT BUSHLAND** in hills near Eden on Vic/NSW border. Very rare, & they aren't making any more of it! 13 ac \$20,000; 20 ac \$25,000; 120 ac with km of creek front \$75,000; superb 100 ac facing nth across river to proposed nat pk, creek is east boundary, \$100,000. Ph Nancy 047-824-856 or 047-841-020.

**LILLIAN ROCK, 37 ac, 15 mins Nimbin, 5** mins Steiner school, 2 b/r timber cottage in tranquil setting, power, ph. Council approved to develop into 5 shares. \$110,000. Ph: 066-897-442.

**NEW ENGLAND TABLELANDS,** freehold bush blocks, totally peaceful, unpolluted, 100 ac-200 ac, \$25,000-\$40,000. Building permit avail. School bus. Ph: 067-347-204.

**NORTHERN NSW, Border Ranges Nat Park** area, nth of Kyogle. Brindle Creek frontage, unlimited pure water, fertile soil, creek flats to mtn plateau, rainforest gullies, power, ph & school bus handy. 1 hr to Beaudesert, 2 hrs Gold Coast. Prices from \$75,000 for 100 ac block. Ph: Owner 066-366-164.

**HOBBY FARM, 8 ac, plus crown lease,** bush setting, seclusion without isolation. 2 dams, golden perch, fruit trees. 2 bed house, concrete tanks, 11,000 gal with pressure pump, septic, bbq area 600 sq ft plus 2200 sq ft shed with unique once-only business opportunity. Will train in the making of concrete garden ornaments, plus making of rubber moulds & backups for own use & to sell to other manufacturers of concrete products. Included in price 60 almost-new moulds with backups & concrete mixer, catalogue with price lists, video tapes of products. First to look with finance will buy. \$87,000. Ph: 065-466-372.

**ISOLATED 49 ACRES** state forest, cabin, dam, crk, tall trees, tenants in common deed. Only share rates with one other. Upper Rollands Plains. \$30,000. Ph: 063-658-255.

**DRAKE, NTH NSW, 100 ac.** Be surrounded with natural timber & wildlife, rejuvenated rainforest, lge perm creek with deep swimming holes, bush rock, grass trees, orchids, flood free. Only 10 mins drive to local town. \$40,000 ONO. Ph: 03-337-7238 or 02-724-1093.

**BELLINGEN, 80 ac, 15 clear, 65 millable** timber, very private, backs onto state forest, 2 dams, power, ph, 2 creeks, fenced paddock, no chemical sprays used. 3 b/r mud brick house, loft style, timber floors, s/c heater & stove, fruit/nut trees, 15 mins to private coastline, zoned for M/O. Price \$239,000. Ph: 066-552-069.

**LOWANA, COFFS HARBOUR,** peaceful living, north coast. All amenities available with freehold building title, sloping block with great views, more for the bargain investor who is just starting out. \$15,000, no offers. Ph: AH 042-942-618.

**STH COAST MERIMBULA/EDEN.** Land 40-165 ac within Tantawangalo Forest. From \$44,000. On highway 91, 15 km east of Cathcart. Daily school bus to/from Bombala. 1 hr to skitube, 1 hr to Eden, 2 1/2 hr to Canberra. Power, ph, red/black basalt/granite, 45 inch rainfall, 800 m above sea level, springs/streams, some old cleared dairyland, some heavy timber. Views Bega Valley, Pacific Ocean. Ideal for orchards/nursery (nashi, cherry etc), root crops. Ph: 064-956-962, 064-582-030.

**MID NTH COAST, FISHERMAN'S** Reach fishing & beach resort, 45 ac water frontage. Share approved holiday resort including new 2 b/r holiday cottage. Excellent estuary fishing & surf beach. 1 mile Stuart's Point PO. Enormous investment growth potential. \$90,000. Ph: Owner 065-851-322, 018-652-330.

**MUDGEE, 831 ac,** peaceful, picturesque fine wool country. Cleared creek flats to timbered hilly country. 2 km perm river frontage. 4 room cabin. Good fishing, gold fossicking. School bus. Ph: 063-733-581.

**GROWER'S PARADISE, 100 fertile sub-**tropical secluded acres, nth NSW. Open plan mud brick, timber house, lge verandahs/decking. Ph, total solar, 2000 watt inverter, 12 panels, solar/combustion HWS, gas stove/fridge, open fire, 6000 gal tanks, lge slab shed, suitable M/O, all fenced, heaps other good home sites. Dam, streams, heavy eucalypt rainforest, abundant wildlife, 18 km Kyogle, close Nimbin/Lismore. \$115,000. 'Fox's', Box 1133, BURLEIGH HEADS 4220. Ph: 075-707-536, leave message, I'll ring back Sundays PM.

**DORRIGO AREA, between Coffs/Grafton,** 100 ac. Turn into your own half km road (2WD) through beautiful r/forest & past soaring 50 m trees. 1 b/r, timber cabin, 8 ac grassed, clean land, mtn country. Pot belly, s/c stove (needs install), generator, ph, gas stove/fridge, inside toilet, perm flowing crk, 2 dams, rock pools, some fencing, some fruit trees, 6 km school/community. Gutsy old 4WD thrown in. \$80,000. Ph: 043-622-343.

**BUSH BLOCK KURRAJONG.** 40 ac of beautiful bush at Kurrajong, only 1 hr 15 mins from Sydney. 25 km out of Windsor, off Blaxland Ridge Rd. Bordered by nat pk, crownland & other lge bush properties. Fronted by Wheeney Creek (to swim, fish or paint) & a couple of acres of designated wetlands. Lots of birdlife. 5 fenced acres of crk flats, backed by natural bushland with rocky outcrops & caves, & abundant wild-flowers in spring. Has its own private crk, pure enough to drink, cascading through ferns & wild orchids. The foundation of an early settler's cottage is still visible amongst the trees. Fabulous views from the higher parts of the property. You can look down on sun lit clouds in the valley at dawn. Several great spots for a house. Freehold title, can be built on for main or weekend living. \$185,000 ONO for unsurpassed privacy. Ph: 02-967-2976 or 018-469-635.

**BUCKETTY, 5 ACRES** plus of beautiful secluded bushland, only 40 mins from Hornsby. Perm spring-fed crk, easy access, power to block, ph available. \$69,000. Ph: 043-761-269.

**EDEN, 80 ACRES,** bordering state forest, dual access, deep lush gullies, lightly timbered slopes, mtn & valley views, various homesites, 15 mins Eden & beaches, school bus. Must sell, \$75,000. Ph: 06-297-3808.

**YOUR OWN WILDERNESS.** A small mtn, 100 ac, near Tantawangalo Forest, south east NSW, 1/2 km river frontage. Road frontage. Platypus, fish, birds, wallabies, kangaroos, wombats. \$38,000. Ph: 064-585-287.

**5 ACRES, 15 MIN KYOGLE,** ph, power, school, bus, views of pretty valley, seclusion but not isolation. Mostly cleared, fenced, dam, excellent soil, will grow anything. Vendor finance. Ph: Gordon or Barbara 066-331-283.

**FAR NTH COAST, LARNOOK, 30 km** Lismore. 2 ac secluded, scenic bush block. Glorious views from timber, well-built cabin, water tanks, spring, privacy, wildlife, solar power, good access, close to pre/pnmary/Steiner schools, buses to Lismore/Kyogle. Ph: Suzanne BH 066-212-287, AH 066-880-169.

# GRASSIFIEDS

## NEW SOUTH WALES

MUDGE, 25 ACRES, 17 km from town, tar rd, beautiful views, 2 sheds, rainwater tank, wood stove, hundreds young native trees, no chemicals last 15 yrs, some lovely rocky outcrops otherwise good soil. Regretted sale, time to move. \$59,000. Ph: 063-733-911.

MUDGE, DOUBLE BRICK house on 2 ac bushland, many native & fruit trees, 14 km tar rd from town, school bus, 2 b/r, plus 16 ft caravan, s/c wood heater, gas stove, hot water, solar system, 240V gen, rain & pumped spring water tanks, flush toilet, lge sheds, dam. \$87,000. Optional extra, 20 ft caravan at rear with solid carpeted annexe, own wood heater, 12V & 240V power, price neg. Ph: 063-733-911.

TENTERFIELD, 50 ACRES, seasonal creek, dam. 15 mins Glen Lyon Dam, 5 mins primary school. \$35,000. Ph: 065-699-415.

LAWRENCE, NTH NSW, 30 mins Grafton/coast. Secluded 2 b/r log cottage on 128 fenced acres. Features stained glass, stone, slate, open fire, mezzanine b/r, delightful creekside garden setting, organic gardens & fruit trees, solar 12V/240V system. Bush block, koalas, parrots etc, ph, septic, school bus. \$99,000. Write PO Box 960, GRAFTON 2460. Available to rent till sale.

RIVERINA, 5 ACRES, native pines & eucalypts on hill with views. 9 km Henty. Hut & sheds with ph, building permit, school bus, peaceful area. \$10,000. Ph: 060-562-789.

BATHURST, 50 ACRES, part cleared, 4 b/r home, machinery shed, 10,000 gal rainwater tank, 8 dams, spring, power, ph, school bus, mail, 15 mins Bathurst, sealed road. Magnif views, abundant wildlife. \$169,000. Ph: 063-376-574.

## QUEENSLAND

MALENY AREA, 15 ac, perm/crk through property, power avail, rd frontage, school bus, shop 2 km. \$75,000 ONO. Ph: 066-337-123.

BEAUTIFUL NOOSA HINTERLAND, 60 ac mtn hideway. Borders state forest. Spring fed dams, r/forest stream, views to Lake Cootharaba & Pacific Ocean. 1/3 cleared & producing bananas, pawpaw, custard apple. No insecticides 4 yrs. Livable shed, irrigation. Ph: Zaidee Smith 074-490-733 BH or 074-474-431 AH.

WEST OF INGHAM, 70 km, 2 b/r cottage on 53 ac, mains elec & solar, ph, fully fenced. School 3 1/2 km. 2 lge sheds, tractor with slasher & bucket. Perm/spring, crk/frontage, 2 ponds, 1 stocked with barramundi. Volcanic soil, some estab f/nut/trees. Beautiful setting in undulated country. \$120,000 ONO. Ph: 077-775-160.

RESTORED QUEENSLANDER, hi-set, 10 ft stumps, concrete underneath, 3 b/r plus lge sunroom, modern kitchen, front verandah. Gas fridge, stove, hot water, 5KVA generator, solar lights, ample water storage, elec avail. Quiet bush setting. 1 hr from Brisbane, 15 min from Gatton. Will consider swap for similar value house in Adelaide. \$95,000. Ph: Laidley 074-651-947.

DEADLINES: GR 92 - JUNE 26TH  
GR 93 - AUGUST 28TH

HALF ACRE BLOCK with trees & natural drain in sml country town of Gayndah. Close to primary & secondary schools, shops & amenities. Sewerage, water & elec. Qld's best citrus growing area. \$2600. Nathan. Ph: 076-966-108.

MARYBOROUGH AREA, 1/4 ac level section. All town services avail. Close to river & peaceful country living. \$16,000. Ph: 071-233-387.

SPRING VALLEY, 1/2 hr from Gin Gin. 72 beautiful secluded ac f/hold on 2 titles. 1 perm/crk, 1 seasonal crk, full dam. Nestled in beautiful mtns. Reluctant sale. \$50,000 ONO. Owner, Ph: 070-611-803.

PEACE, PRIVACY, PICTURESQUE views. 1 hr west of Maryborough, 26 undulating ac & comfy Queenslander, 3 b/r plus study, carpeted, septic, power, ph. Fenced, bail & yards, 4 dams, pumps, 5 r/water/tanks, w/shop, sheds. Vegie garden, house cow, tractor. 15 min to store & school. \$110,000. Send SAE for more details. Hazelton, C/-PO, BIGGENDEN 4621.

TARA 30 ACRES, SE QLD, 14 miles to town. Urgent sale \$15,000 or trade, neg. Mick, Ph: 044-711-499.

SHATTERED DREAM! Shelter & crk, 40 ac thick coastal bush. \$18,500. Ph: 071-516-647.

EUNGELLA, 2 ACRES, 3 b/r split level home, s/c stove/HWS, close to Eungella Nat Pk, hang gliding, water/ski, fishing, 2 ponies opt, very peaceful, W/Mackay. \$70,000. Ph: 079-543-550.

ROCKHAMPTON-MT MORGAN, 5 + 9 fenced irrigated ac (2 titles) both with mains power & fresh water, separated by seasonal crk, r/forest with tame native birds & animals. 350 bearing f/nut/trees, 1000 asparagus, still space for more crops/animals. RO plant also purifies bore water hence perm/crystal clear water for house/irrigation, so pure it is allowed to be bottled & retailed. Also dams, tanks, freshwater well, new pumps, shed. New owner-built carpeted house, 3 b/r, study, 12 ft verandahs. Also solar. Tiled bathroom, septic. Pine kitchen, elec & s/c stoves. School & commuter buses. 40 min to Rockhampton & university, 7 min Mt Morgan, 80 min beaches, resorts. Reduced to \$169,000 for both. At present approx 12-15% return on investment for 2 person part-time operation. Ph: 079-382-162.

MT MEE, 1 hr to Brisbane GPO. House on 40 ac, great views, fully fenced, 1/3 cleared paddocks, good stand blackbutt, 2 dams, pure well with pump, 5000 gal tank, organic vegie/garden, f/trees, chook runs. Red cedar home, 3 b/r, 2 bathroom, study, family, lounge/dining/room, elec kitchen. Tractor & pottery shed. 5 min to school or walk to bus. \$275,000. Ph: 074-982-156.

TARA, 25 ACRES, part of growing community. \$12,000. Details write Andrea, C/- PO Box 61, JINDERA 2642.

TARA, SE Qld, Redlands Estate, 30 ac, flat, mostly cleared. Underground water front left hand corner of block, not fenced. 20 min from Tara. Price to sell \$15,000. Write G Anthony, BIMBI 2810. Ph: 063-471-305.

BEAUTIFUL ALTERNATIVE, new colonial weatherboard highset with loft, pine lining, solar power, wood stove, bullnose verandahs overlook 68 fenced very private treed ac. Rocky crk, 4 dams, 3 stables, fowl runs, birdwired vegetable garden. Backs state forest, 7 km Rosedale, 20 min beach. \$98,000. Ph: 071-565-261.

AGNES WATERS, 20 min, 40 ac natural timber, secluded valley, access to crk water, gentle slope \$32,000. Peter. Ph: 07-888-3329.

STH BURNETT, Qld, area residence, formerly post office, ph. Suit crafts/plants/art studio. On 2 deeds (sml village), on tourist route to Bunya Mtns. \$55,000. Ph: 071-646-141.

RETIREMENT RETREAT. Set in peaceful private garden, paved pergola entrance, comfortable home, 2 b/r BIR, lounge, lge kitchen/din/area, screened, fans, tiled bathroom. 5 min walk to glorious beach with dreamy islands. All amenities. Bus to school & friendly Mackay 15 min away. Price \$93,000. Owner, Ph: 079-548-120.

SE QLD, ONE ACRE in registered co-operative. Suitable for artistic person/s interested in native flora & fauna, on 20.53 ha bushland, adjoining main rd. Share includes 6 sq m steel shed with r/crk/water, solar power, fridge, house slab etc, and art gallery (partially completed). Malcolm. Ph: 076-981-656 AH.

## TASMANIA

ABSOLUTE OCEAN FRONTAGE in a remote area on the sunny east coast but only 30 min from town. Very secluded cottage on 1/4 ac. Self-suff garden, isolated beaches, spectacular views, cray fishing/abalone/oysters, own power system, great climate. Wonderful lifestyle. \$200,000. Ph: 003-768-204.

WEST TAMAR, SIDMOUTH. Lge (20 sq) mud brick home set on 149 secluded ac (65 ac eucalypt plant, remainder native & regrowth). Views to Bass Strait, Tamar River & Valley. 3-4 b/r, family/din, kitchen/walk-in pantry, lge lounge with panoramic views, verandahs, etc. Extensive timber throughout, gas fridge, wood stove & heating. 45 km nth of L'ton, 15 km to safe sea beaches. \$162,000. Further details. Ph: 003-947-552.

ST HELENS NE TASMANIA, 2.99 ha, fenced all around, power at gate, town water connected, 5 min from town centre. \$45,000. Ph: 003-761-008.

TASMANIA, WESTERWAY, house, 4 b/r, kitchen/din; lge lounge. Over 3/4 ac land. Approx 20 assorted f/trees. River runs alongside garden and house. Mains elec, scheme water. 50 min from Hobart. Urgent sale. \$34,000. Ph: 002-881-136.

BUSH BLOCKS, Crabtree, 30 min sth of Hobart, 4 titles, 6 ha. \$30,000. Ph: 002-951-288.

# GRASSIFIEDS

## PROPERTY FOR SALE

### SOUTH AUSTRALIA

MELROSE, 75, 75, & 150 ac gum studded, gently sloping land. 20 inch rainfall, mains water, 10 x 12 m w/shop/storage, 168 sq m house foundations. Bordered by Mt Remarkable Nat Pk. \$180,000 as whole, will separate. Ph: 086-662-197.

ONE ACRE, water, power connected, main rd frontage, elevated house site nestled into hillside, overlooking trout stocked dam. 300 trees planted, new 20 x 17 shed, new goatproof fencing, winter/crk, excel deep soil. Building approval, zoned rural B. Situated beautiful Clare Valley. \$23,500. K D & M J Higgins, 7 Edward St, CLARE 5453. Ph: 088-423-338.

SNOWTOWN HIGHWAY 1, corner block, 3 b/r, family room, double garage, f/trees, close to Clare Valley Highway 1. Not a penny to spend. \$49,000. Ph: 088-652-247, 02-552-2092.

WATER LICENCE, nearly 2 ac of unspoilt fertile land, splendid view of River Murray & backwaters, modest 2 b/r home, very cosy. All local schools very accessible. 10 min from town, private, peaceful & secluded. Glass-house & lge trees. \$82,000. Ph: 085-385-057. GEORGETOWN, 200 km nth Adelaide, 1 ac commercial block with 10 x 12 m shed, plus 1/2 ac house block, estab f/trees. \$12,000 or sell separately. Ph: 066-545-303.

REDHILL, LOWER NTH. Modernised Mt Gambier stone house on 1 ac. 3 b/r, lounge, kitchen/dining, etc. Solarhart. Organic garden, orchards, native reserve, chook runs. TV antenna. School, shops nearby. Buses to high schools. Adelaide 1 3/4 hrs, Pt Pirie 30 min. \$54,000 ONO. Ph: 08-636-7083.

### WESTERN AUSTRALIA

MARGARET RIVER, chemical free farm. 144 ac, chemical free, undulating pasture land. Watered from well, spring fed dam & 2 winter crks. 20 ac summer land. Cattle yds, old sheds, old renovated group house, very good condition, irrigated veg patch. Current owners hold B grade Demeter label. WIWO includes various machinery & stock. \$275,000. Ph: 097-555-348, 097-555-327 AH.

### VICTORIA

HIARCOURT, 7 min Castlemaine, 20 min Bendigo. 2/3 b/r older style, w/b house on approx 4 ac undulating fertile land. Power & ample water with generous water right. Over 50 f/trees, dams suitable for trout, fernery, shedding, vegie/garden, aviaries & chook yd, suit self-suff. \$100,000 ONO. Ph: 054-742-557 after 5 pm.

OMEIO AREA, 500 ac with spectacular views of Bogong Nat Pk, surrounded on 3 sides by state forest, 2 room cabin, woolshed & sheep yards, with modern elec fences both external & internal. The property can easily carry agisted stock. 300 ac selectively cleared for productive purposes without destroying the natural beauty of the landscape. \$159,000. Photos avail. For details Ph: 051-587-245.

CASTERTON AREA, spacious 3 b/r (all BIRs) stone home on 10 ac, suitable for hobby farm, great potential for self-sufficiency. Kitchen/family room with sep lounge room, both with open fire place, carpeted, SEC, beautiful views from all windows, only 10 km from Casterton, ample rainwater storage, dam, bore, mill, lock up garage, sheds, lge garden with orchard, shrubs. \$75,000. Ph: 03-889-6701.

GRAMPIANS VIEW, 7 ac bush block, elevated & picturesque, approx 50% timbered, creek, unused well, storage shed, rainwater tank, SEC near. Approx 25 mins from Halls Gap. Building permit avail, idyllic setting. \$29,500 ONO. Ph: 053-522-467.

20 ACRES, MUD BRICK house & cottage, shearing shed, hay shed, power & ph. 4 miles from town, sealed road, quiet area, school bus. Good fences, 2 lge & 1 small dam. Plenty rainwater, gas & wood stoves. Exposed beams, lge rooms, verandahs & car ports etc. \$105,000. Ph: 054-951-247. PO Box 22, ST ARNAUD 3478.

METUNG, LAKES AREA, 20 mins Bairnsdale, 6 ac, includes rainforest, dam, 30 fruit trees, solar, shed, generator. Double brick, nth-facing house, cathedral ceilings, fireplace, s/c stove, 3 b/r, slate floors. Owner moving interstate. \$149,000. Ph: 051-562-609.

BRIAGOLONG, GIPPSLAND, near Sale/Maffra. Very special mud brick/stone 2 b/r house. Wind/solar power. 52 ac. Fruit, olive trees, superb bush, on the Dargo Rd & on the magical Freestone Creek. \$110,000. Ph: 03-534-1072.

PARADISE BEACH, 1/2 ac, 4 b/r, Hardiplank home, 24 sq, huge ensuite, cathedral ceiling, s/c heater, gas HWS, fully fenced, built-in robes, 200 metres from beach. \$85,000 ONO. Ph: 051-463-206.

MARYBOROUGH VIC. For sale/to let. 5 ac land, certified by NASAA. Great potential as organic market garden. 2 b/r mud brick house. SEC, ph, close to Maryborough. Greenhouse, tractor. \$85,000 or \$90 pw. Ph: 054-232-687 or 03-534-1338.

MTN RETREAT. High in the Otways, 65 ac of tall native timber surrounding 20 ac of lush mountaintop ridge pasture. 360° uninterrupted panoramic views. Secluded meditation building, also spacious modern workshop with solar power, shower, toilet, septic, all council approved. Good dam, adequate rainwater storage & catchment, priv all weather road, fronting Gellibrand River. \$133,000. Ph: 03-499-1849 or 052-543-150 for appointment.

## COMMUNITIES

BEAUTIFUL BARKERSVALE bargain! \$90,000! 2/9 share in 170 ac M/O. Settlers style block house with attic, open, spacious, 3 b/r, power, ph, good access. Flat fertile land, estab orchard, pasture, forest, creek & lge private swimming hole. Close to public school, Steiner school & shop. Share in tractor & implements. Ph: 066-895-027.

FIVE ACRE SHARE in M/O, nth NSW, Lillfield. Peaceful, private bush setting, beautiful aspect, approx 1/4 cleared, ideal building site, creek on boundary, friendly, stable community, 100 ac common land. \$24,000. Ph: Arthur, 066-897-394. Ask re 'Carla's Lot'.

LILLIAN ROCK, 13 km from Nimbin, minutes to Steiner School, secluded retreat on 9 ac, council approved dwelling on 6 share M/O. Power, ph, all conveniences, plenty of water, bush setting. \$68,000. Ph: reverse charge 074-446-464.

NTH COAST NSW. 2 shares are avail for sale in a 1200 ac property nestling in the upper reaches of the Taylor's Arm Valley. The land itself is a complete ecosystem with intact water catchments feeding secluded valleys & 3 1/2 km of main river frontage. Approx 100 ac cleared, the balance hardwood & beautiful rainforest. The aim of the community is to create a balance between lifestyle, business & the environment, founded on permaculture principles, to provide freedom & security through the difficult times ahead. Present operations include a plant nursery, carpentry & mechanical workshops, art studio & desk-top publishing. We are looking for people who are willing to instigate or participate in craft based industries, organic farm management, forest care, etc. Selection of shareholders is based on suitability to the aims of the project. One \$50,000 share & one \$20,000 share still available. A unique opportunity to own & live on a temperate/sub-tropical property. For further details write, fax or ph the Trustees, Garravambi Community, Willow Bend, THUMB CREEK, NSW 2447. Ph: 065-642-219 or fax 065-642-201.

MID NTH COAST NSW, 1/3 share in 42 freehold rainforest acres. Crystal clear creeks with swimming holes, rainforest trees, palms, cycads, staghorns etc. Abundance of bird life. Your own 14 private acres, a lovely 2 b/r wooden home in garden setting, has wide verandahs on 3 sides, lounge room with wood stove, kitchen has new gas stove & 2 door fridge, bathroom, laundry, gas water system & septic, 5 HP water pump, cheap rates, tenants in common. All this & more for \$49,000. Ph: 065-642-106 or 067-781-236.

PRIMAL THERAPY at The Primal Place, 44 Curnow St, Golden Square, BENDIGO 3555. Ph: 054-413-683.

BELLINGEN, share in 650 ac. Your own cottage & 3 ac. Suit single, couple or small family. School bus to Steiner or state schools at front gate. Mains power avail (currently solar), ph connected. Secluded valley with perm freshwater creek, 9 km from picturesque Bellingen. Presently renovating house. Value \$62,500 plus. Ph: 066-551-826 or PO Box 10, BELLINGEN 2454.

ONE THIRD SHARE in M/O, 65 ac property, suit caring couple/family with view to simple/alternative lifestyle in Finch Hatton Gorge, 70 km west Mackay. Creek, dam, spring, adjacent nat park. \$19,000. 'Palmcreek', PO Box 68, FINCH HATTON, QLD 4756. Ph: 079-583-123.

# GRASSIFIEDS

## COMMUNITIES

ADAMS SCRUB, FAR NTH NSW, 3 x 1/3 shares now avail in beautiful & peaceful property bordered on 2 sides by state forests, 2023 ac, level & undulating, red & black soils. Each share of 404.5 ac includes equal ownership & perm usage of 5 b/r, w/b homestead, 4 bay garage, various sheds, 2 million gallon spring-fed lake etc. Privacy & semi-seclusion. 19 km major town, 4 km school bus. Suit spiritually inclined persons who approve of & enjoy a chemical-free lifestyle. Mainly forested with clearing for cultivation & grazing. Easy 2WD access. 1/3 share, 404.5 ac, \$55,000. For photographs & more info please write to Secretary, PO Box 34, WARRIALDA 2402.

SUBTROPICAL PARADISE, 10 ac share. Fully fenced, 3 paddocks, solar timber cottage, garage, caravan, cow bales, poultry run, lge dam, new petrol pump, 3 tanks, 100-odd fruit trees, huge vegie garden, excell access, views, privacy. 3 km school, shops. \$65,000. Write giving ph no. D. Goldsmith, PO, UK1 2484.

MACLEAY VALLEY, 1/4 share 200 ac, near Taylor's Arm. Small cabin, 2 creeks, elec, ph, good sealed access. Private & tranquil. Close to all amenities. Views of valley & ranges. Lively local community. \$32,000 ONO. Ph Ed or Patricia 02-569-5676.

ONE NINTH SHARE IN 325 ac of beautiful karri & jarrah forest, estab community (Deep River Ecological Community). Partially completed rammed earth dwelling, 2 sheds, fenced orchard & garden area. Underground pipes from spring area & ph connection. The Deep River provides 1 boundary & the land adjoins wilderness & national park forest. Bitumen road provides service to Walpole town 10 km away. \$40,000, terms neg. For further info contact L. Pearce, 29 Turner St, AUGUSTA 6290. Ph: 097-581-283.

NORTH COAST NSW (THORA VALLEY), remaining 1/4 share for sale on magnif 55 ac property. Approved by council for M/O. House site has river frontage, sealed road access, combination cleared pasture, forest stands & tree plantations. Estab 11 years ago, there are 2 existing houses, central water supply with electric pump, underground irrigation to orchards, roadways, mains electricity. 1/2 km to state school, tennis courts, community centre, 5 km to Steiner school & 30 km to town. \$60,000 includes council contributions. Ph: 066-558-625.

OTWAYS. 1/4 share in sunny side of a whole valley. 100 ac, adjoins state forest, close to beach, panoramic views, 1/3 pasture, balance timber. Creek & river frontage. SEC, building permit avail. \$22,000 neg. Ph: 059-643-428.

FAIRY-TALE TIMBER COTTAGE, open plan design, raked ceilings, council approved. Delightful 5 ac, bush setting, solar power on M/O. 1/2 hr Lismore, close to Steiner, primary schools. Abundant wildlife, privacy, views, water. Will listen to offers. \$89,000. Ph: Suzanne B/H 066-212-287, A/H 066-880-169.

DEADLINES: GR 92 - JUNE 26TH  
GR 93 - AUGUST 28TH

TWO WATERS FARM CO-OP, 1100 beautiful acres, roads, dams, waterfalls & the Clarence River. Each owner has own title deed to his lot, all lots approx 100 ac. Close to Tenterfield/Casino/Lismore, 20 km to school. Without doubt the most unspoiled land you will find in NSW. 5 lots still available. Price \$45,000 to \$49,000. Send for brochure to PO Box H141, HARRIS PARK 2150 or ph: 02-630-2487.

WRITER/PUBLISHER SEEKS PLACE in viable community NE NSW or SE QLD. 48 yo, n/s, male, no ties, view to establish printery. John, 28 Weir Rd, WARRAGAMBA 2752.

NORTHERN NSW, beautiful Mt Warning views. Easy access. Share in company-owned M/O between Lismore & Murwillumbah. Peaceful 3 ac to call home, plus share in 100 common acres backing onto state forest. 3 ac has 9 hrs winter sun, summer sea breezes, dam, concrete tank, pools close. Excell permaculture site. Close ph. Bus to state & Steiner schools. 15 mins to Nimbin, 1 hr to coast. Asking \$20,000. Ph: Soozah 02-918-9475.

5 MINS TO STEINER SCHOOL, west Nimbin, dwelling on 4 1/2 ac share, good solar system, fruit trees, HWS panels, r/water tanks, small dam, carport, mower, slasher, also battery charger, creek frontage, beautiful swimming holes, secure company title. \$50,000. Contact Karen or Klaus, Avalon Community, Stoneychute Rd, CAWONGLA 2474.

THREE ACRE SHARE in Grafton area, M/O, 30 km from Grafton. 2 storey corrugated iron house, lge shed attached, chook yards, sml patch bananas, dam, generator. \$12,000 deposit, \$250 monthly, full price \$25,000. Ph: 02-427-7921.

## PROPERTY WANTED

ACREAGE SUITABLE for quiet retreat. Secluded, attractive, trees, perm water, house/buildings. Disbanded commune might suit. Ph: Pam 07-343-1164.

WANTED TASMANIA AUG/SEPT. Small ac with liveable building, reliable water supply, suitable alternative lifestyle. Part cleared or bush OK. Approx \$25,000. Contact PO Box 1289, NHULUNBUY, NT, 0881. Ph: 089-872-759 evenings only.

SE QLD, NE NSW HINTERLAND area, 1 hr from coast with perm water & rainforest. Prefer mountainous country with easterly/northerly aspect with view. 20/200 ac with comfy dwelling & all weather access. Alternative power, solar/wind with generator backup, ph, suitable sheds, some cleared land & fruit trees. Absolute ceiling \$120,000. Carl Monte, 5 Bridge Crt, STH CROYDON 3136. Ph: 03-723-4974.

PLACING AN AD?  
See page 70 for details.

## WANTED TO RENT

HELP IN SITUATING ourselves back in the beautiful Tweed/Murwillumbah Hinterlands. We are a business couple (lic plumber & retailer) with 4 house trained children. We are honest, reliable & very down-to-earth, & do have excell refs. We are hoping for acreage (kids need room to run & run) & car access as Brian works from home. A shed or storage area would be advantageous. We are willing to pay 2 months in advance. Please ph reverse charges 074-854-310.

GR COUPLE require property to caretake or rent in NE NSW-SE Qld, excell refs avail. Ph: 03-509-9732 any time.

COUPLE WITH TODDLER & well behaved dog wanting to rent a house in the Blue Mtns. Some land required for practising permaculture. RMB 50, NHILL 3418. Ph: Joanne or Bill 053-913-039.

SEARCHING FOR A HOME in the country, a place to devote oneself with heart & soul, to cherish & grow in. Simple dwelling for 2 women, clean water, fertile soil. Will consider all possibilities & locations. Quick replies please. Emma or Janet, Flat 16, Block A, Fraser Crt, Eyre St, KINGSTON 2603. Ph: 062-959-849.

SEVENTH DAY SABBATH keeper interested in organic growing seeks rental accom. Willing to help on property. Please write C/- Christian (GR91), C/- PO Box 242, EUROA 3666.

ADELAIDE HILLS or suburbs, accom required for 1 or 2 adults for approx 6-8 weeks from mid-July 1992 whilst we are looking for land to buy in Adelaide Hills. Write Joy (GR91), C/- PO Box 242, EUROA 3666.

## FOR RENT

YURT & ACRES, featured in *Owner Builder Magazine*, No 44. Idyllic friendly valley, perm crk, 40 mins from Wingham. Elec, hot water, ph. Suit 1-2 environmentally-minded people. \$70 pw. Ph: Jim Short 065-510-865.

FREE RENT & POWER for caretaking couple, n/s, n/d, n/drugs, in lge homestead, lge grazing property, 3 1/2 hrs west Brisbane, in return for maintenance & gardening. 17 km from village. Ph: 07-273-1914 or manager PO Box 111, TEXAS 4385.

NTH NSW, LAWRENCE, 30 mins cst/ Grafton. Secluded 2 b/r log cottage, 130 ac, fenced, bush. Suit responsible GR couple (1 child), cheap rent, \$60 pw, in return for care of organic gardens, hens etc. Solar/12V system, native fauna. ph, septic. Avail May. Bond. Write PO Box 960, GRAFTON 2460.

EAST GIPPSLAND, 3 b/r house on 7 ac, 1 1/2 hr to Orbost & Lakes Entrance, 1 hr to Bairnsdale. Electric hot water & oven, LPG heater & hot plate, open fire place, partially furn, many fruit trees, in quiet rural area. \$400 per cal month. From May 92. Contact Eleisa or Robin Wilson. Ph: 059-966-017.

LENNOX HEAD, NE NSW, country farm-house, 15 ac bushland, complete privacy, communal living, own b/r, no dogs, no drugs. \$60 pw. Ph: 066-877-663.

BUSH CABIN, suit creative, self-suff, positive person. Near Newcastle. Ph: 049-949-295.



## WANTED

**NATIVE PLANT MATERIALS.** Wattle blossom, gum nuts, etc. All types, fully dried, native materials considered. Lge quantities preferred. Good prices + freight pd. Contact: Peter Hunt, PO Box 53, NORTHCOTE 3070. Ph: 03-482-2677.

**SINGLE PARENT WITH CHILD** (preferably over 4 yo) or small family to rent self-cont granny flat with lge garden & garage space. Rent normally \$80 pw but negotiable in return for work in our organic garden. Great views, bushwalks, spring water, botanic gardens next door. We are organic farmers interested in healing methods with a home-schooled 6 yo child. Located in Blue Mtns west of Sydney. Ph: 045-672-124.

## OPPORTUNITIES

**HOW TO START YOUR OWN CASH** generating, home based, mail order, information products business. Free info & products catalogue. Future World, PO Box 6309, EAST PERTH 6004.

**FOR LEASE**, about 10 ac, exchange for work, must have own accommodation or willing to use our material to build. Ph: 063-761-103.

**I'M LOOKING FOR A SPECIAL KIND** of person to help me run my guest house/motel/restaurant. The business is in the north east of Vic & is small enough to run on a personal basis. We grow some of our vegetables (haven't bought a herb for years) & have chooks, ducks & geese. There is a fairly lge garden area with trees, flowers etc. You would be a pleasant smiling person, experienced in the hospitality industry, a competent cook or chef, comfortable serving drinks & food, good on the phone, able to handle responsibility, confident, neat & nonsmoking. Accommodation is available sharing a 3 b/r house on the premises with me. I'm 39, a stickler for quality, semi-frustrated organic gardener, love my outdoor activities & enjoy good & positive people & things. Ph me on 060-761-333 if you are interested. Glenn.

**LIGHTNING RIDGE**, opal miner's lease, close main street, 18 ft hand dug hole. Garden shed, shade cloth area, bbq. Lease \$50 yr. Ph: Dawn 076-712-282.

**CARAVAN AVAILABLE RENT FREE** on my 1/2 ac block on edge of small Gippsland town, 150 km Melbourne. Suit stable, practical man or woman interested in quiet country life, occasionally working with me, a widow, 55, on vegie garden etc while living independently. Please ph: 056-681-796.

**NEED EXTRA INCOME?** Become more independent with additional income, part-time or full-time business. Send long SAE for more info to N. Lemke, 41 Hillcrest Rd, MIRRABOOKA 2264.

**FREE BOARD**, to unemployed, mature, capable handyman, in exchange for labour, in Melbourne suburb & country retreat. Please write to PO Box 96, MALVERN 3144.

**LOSE WEIGHT & gain health** using completely natural Herbalife. For more info contact Sue. Ph: 07-281-0149 or write PO Box 481, IPSWICH 4305.

# GRASSIFIEDS

**PRIMAL THERAPY** at The Primal Place, 44 Curnow St, Golden Square, BENDIGO 3555. Ph: 054-413-683.

**FREE ACCOMMODATION** at Orplid org vegie & herb farm & supply of vegies & food for helper, male with driver's licence in return for part-time help with garden work. Smoke free & alcohol free environment. Near Launceston, Tas. Reply to Orplid, organically grown vegies & herbs, KARoola 7267. Ph: 003-954-365.

**FREE USE OF UNUSED GROUND** by suitable/compatible person(s). Proposed caravan site. Further details write Advertiser, PO Box 323, SARINA 4737.

**FREE ACCOMMODATION** for general caretaking duties, 35-45 yr old woman with car on a rural sth coast NSW property. 20 min town with ocean views & walk to beach. Send reply with 2 refs & ph no to Koninderi, PO Box 345, ULLADULLA 2539.

## BUSINESS FOR SALE

**HEALTH FOOD STORE**, Casino, northern NSW. Prime position, rapidly increasing local trade, no opposition, well estab modern premises, take away lunch trade. Great potential. \$35,000 + SAV. Ph: 066-624-297, A/H 066-635-315.

**CHARACTER 2 STOREY HOTEL** with agencies, 240 km ex-Perth. Nice gardens, original stables, chook house, vegie patch, young fruit trees, school bus at door. Wonderful lifestyle for couple or young family. Freehold. \$135,000 PS. Ph: 090-651-046.

**PROSPEROUS NATUROPATHIC** centre, estab 9 yrs, in busy commercial & holiday town. Next to health food store, estab 26 yrs. 9 practitioners practising a wide spectrum of modalities including yoga & Reiki classes. Fully stocked, with over 6000 patient files. Enq ph 059-867-799 or A/H 059-886-750.

## LIVESTOCK

**GERMAN, FRENCH & ENGLISH** angora rabbits for sale. As seen on the 'Today Show'. Also angora & alpaca fibre. The Angora Rabbit Farm, YEOVAL NSW 2868. Ph: 068-464-039.

**RARE OUTDOOR PIGS.** Wessex Saddleback, weaners & breeding stock available. Contact E & H Clare, PO Box 546, CABOOLTURE 4510. Ph: 074-968-271.

## CALENDAR EVENTS

**THE AUSTRALIAN HORTICULTURAL** Correspondence school will conduct nursery & landscaping workshops in Melbourne, July 21-23, contact Iain Harrison 03-736-1882, and Gold Coast, June 16-18, contact John Mason, 075-304-855. Fees: \$250 for 3 days or \$95 per day. Lunches and course notes included. **FOURTH MIND, BODY, SPIRIT** festival of exhibits, lectures, workshops, demonstrations to be held in Sydney 18-22 Nov at Darling Harbour & in Melbourne 26-29 Nov at the World Congress Centre. Enquiries to MBS Festival, 1st Floor, 18 Whistler St, MANLY 2095.

## MISCELLANEOUS

**EUCALYPTUS OIL, PURE.** 50 ml bottle \$3.90, 100 ml bottle \$4.90. Postage included in price. 58 Brooke St, INGLEWOOD 3517.

**WIND GENERATOR**, BP solar, Solarex solar modules, deep cycle batteries, inverters, 12/24V lighting, fridge/freezers, solar/wind pumping systems, Gallagher elec fencing. Special discounts for grassified readers. Renewable Energy Developments (RENDEV), Showroom Rear, 249 Princes' Highway, CORRIMAL 2518. Ph: 042-840-045, AH 042-848-100.

**ENGINES:** Power of the Past for the future. Reconditioned stationary & portable engines for generating, pumping, machinery etc. Owner engines reconditioned or changeover. All supplied with 3 month guarantee. Service & spares. Enquiries Australia wide welcomed. Ring us on your power needs on 057-662-974 or write to JLB Engines, C/- PO, GLENROWAN 3675.

**SCIENCE FICTION**, sorcery, warriors, ancient history, books, comics. Free catalogue. S. Owen, PO Box 92, ISLINGTON 2296.

**AUSTRIAN LEAD CRYSTALS.** The original rainbow generators, finest quality crystals, 38 shapes incl spheres, teardrops, pendulums, octagons, hearts & more. Hang in sunny windows for dancing spectrum rainbows. Send SAE for catalogue. Wholesale enquiries welcome from shops & marketeers. Thora Trading, 'Patanga', Darkwood Rd, THORA 2454. Ph: 066-558-668.

**PROTECT YOUR SKIN** with 'Forest Edge' creams & salves. Suit individuals & stall holders. SAE for products list. Forest Edge, PO, BROOKEENA 4620.

**SOLAR POWER & water pumping.** Solar refrigeration & associated equipment. Write for free catalogue. Gladden Organic Produce, C/- PO, CUBALLING 6311. Ph: 098-836-118.

**MAKE YOUR OWN OPAL jewellery.** Black opal suitable for earrings, pendants & rings. Direct from Lightning Ridge opal mines. Earrings, opal only, \$20 per pair. Pendants, \$50 per stone. Rings, \$60 per stone. Also available are parcels of mixed colours & sizes for \$100. Made up jewellery also available. Postage extra. Up to \$100 add \$7.50, over \$100 add \$10.50. Send to S.F. Hill, Hill Valley, LIGHTNING RIDGE 2834.

**WANTED TO KNOW**, anything on vermiculture in Australia. Contact B. Cabry, 9/4 Undoolya St, TIWI 0812 DARWIN.

**CHIP HEATERS.** No elec needed for instant hot water, operates from town or tank water supply. Enq: Ray Williams, 5 Bonnie Springs Rd, JINDERA 2642. Ph: 060-263-621.

**LOW SPEED GENERATORS** for windmills, water turbines, steam engines. The definitive book: *The Homebuilt Dynamo* (1987), 182 pp, 8 1/2 x 12 inch hardback. Generator design & construction with ceramic magnets. Complete plans, 268 photos, step-by-step construction details. Postpaid airmail \$85, brochure \$5 refundable. For more info write Todd-Forbes Publishing, PO Box 3919 AUCKLAND NZ.

# GRASSIFIEDS

## MISCELLANEOUS

**CROP CIRCLES**, most comprehensive range of books & videos by mail order. Also clearing house on Australian Sightings (affiliated to Colin Andrews in UK). PCCS, PO Box 1146, MOUNTAIN GATE 3156. Ph: 03-762-3929.

**COONON-GIBBER WOOD HEATERS**. Will burn for days without going out & heat lge areas. \$350 freight free to your door. No assembly required. For more info Dave, 14 Sixth Avenue, CHELTENHAM 5014.

**TIPI**, authentic American imports, ready to assemble. For details send long SAE to PO Box 1742, INNISFAIL 4860.

**MEATSAFE BABY'S COT**. Just like Granny's. Keeps pets & insects out, baby in. \$50. Ph: 06-281-1270.

**BACK ISSUES**, comprehensive set of *Grass Roots* from 9-81 complete in 7 binders. Will not separate. \$150 ONO. Andrew Trout, PO Box 325, TORQUAY 3228. Ph: 052-613-630.

**MAKE YOUR OWN** concrete pavers, blocks, borders, tree surrounds to use or sell. It's fun with steel machines from \$395. Leaflets from Forest Farm Research, LONDONDERRY 2753. Ph: 045-725-312.

**SHEET MUSIC**. Very old. Send for list & price. 58 Brooke St, INGLEWOOD 3517.

**SOLAR PANELS**, 42 watt, \$330, 10 watt \$110, new with full warranty, other sizes available. Ph: 064-930-282. CMS, 'Windra' via CANDELO 2550.

**SOUTHERN CROSS CRYSTALS**. Plated brass mobiles set with lead crystal. Also hand beaded glass & lead crystal mobiles. Send SAE, 'Patanga', Darkwood Rd, THORA 2454.

## CLUBS AND SOCIETIES

**INTERNATIONAL PENFRIEND** is a world-wide organisation which introduces you to people from all over the world. We cater for everybody, everywhere. For more info send an SAE to: R. Upton, PO Box 3, ROZELLE 2039.

**AUSTRALIAN HERB SOCIETY**. Members receive quarterly magazine, seed from seed bank free, access to tape lending library. Write The Secretary, PO Box 110, MAPLETON 4560.

## SERVICES OFFERED

**65 PLANS FOR HOMES** of mud brick, rammed earth, stone & pole frame construction (145 pages). Mail \$42 for *The Earth Builders Construction Detail & Plan Catalogue* to John Barton, Building Designer, 31 Sharp St, NEWTOWN GEELONG 3220 or ph 052-224-249 for fixed quote to draw/document your home plan.

**SPIRITUAL COUNSELLING** by mail. Channelled info for spiritual growth, self-awareness, problem solving & personal guidance. Michael answers your questions with clarity, great wisdom, love & insight. Send name, DOB, address, questions & cheque for \$30 to Harmony Floatation & Therapy Centre, 21 Rothdale Rd, JINGILI NT 0810.

**DEADLINES: GR 92 - JUNE 26TH**  
**GR 93 - AUGUST 28TH**

**BIORHYTHM CHARTS**, personal charts for 1992-93, complete from 1.7.92 to 30.6.93. Send name, birthdate + \$15 p&p included. For more info write to Fred Davis, PO Box 228, DORRIGO 2453.

**TAPES AVAILABLE**. 'Easy Meditation', 'Easy Relaxation', 'Past Lives', 'Exploring Past Lives', 'Overcoming past Life Problems'. A unique range of training programmes recorded on cassette in stereo sensesurround with special sounds designed to enhance meditation & creative states. Cost \$16.95. Orders & info: Sydney Creative Resources Centre, 261 Mowbray Rd, CHATSWOOD 2067. Ph: 02-411-2790.

**ASTROLOGY PROFILES**, chart & interpretation \$40. Yearly transits \$25. For more info write PO Box 182, NIMBIN 2480 or ph 066-891-081.

**NUMEROLOGY PROFILES**. The Profiles describe your life path, Karmic lessons, challenges, birthday + much more. You hold the key to your personality with your birth date, birth name & current name. \$20 per report incl definitions. Send your details to Ben Bassey, 42 Thora Rd, THORA 2454.

**BIORHYTHM CALENDARS**. Daily predictions in calendar form. \$2 per month or \$20 for 12 months. Name & date of birth required. Send your details to Ben Bassey, 42 Thora Rd, THORA 2454.

**ASTROLOGICAL FERTILITY CHARTS**. Find out your monthly period of maximum fertility. 3 years personal calendar (lunar-phase cycle). \$28. For more info: Astrobe Charts Service, PO Box 1262, COFFS HARBOUR 2450. Ph: 018-665-605.

**NUMEROLOGY**. Where is your life going? The numbers in your name may add up to an answer. Personal chart on cassette (not computer printout), \$39 incl cassette/postage. Send birth date, birth name, name changes (& when). Questions, r/ship, money, moving house, etc. Prompt return. Solveig Thund Olsson, Unit 7/15, William St, KEIRAVILLE 2500. Ph: 042-287-903.

**ASTROLOGY**, computerised natal charts, \$4 incl p&p. Send name, date, time & place of birth to: Vajra, 12 Hale St, WOONONA 2517. Ph: 042-834-575.

**THE PRIMAL PLACE**, est 14 yrs. An offer of a quiet environment for deep experiential awareness, insights of transpersonal aspects within the realms of the human unconsciousness. Beyond separation. Discovering unity. Reality. Not a therapy but a way of life through Primal. The Primal Place, 44 Curnow St, Golden Square, BENDIGO 3555. Ph: 054-413-683.

**CEMENT RENDERING**, general concreting, wall & floor tiling, slate specialist. All areas. Lic R93335. Ph: 042-845-313 or 042-671-382.

**PLACING AN AD?**  
**See page 70 for details.**

GRASS 75 ROOTS

## HOLIDAYS

**EXPLORE FRASER ISLAND**, magnificent sandy wilderness, beautiful lakes, streams & forests. Accommodation & thorough info from \$11 per night, share or double room. Ph: 071-242-832.

**NATURAL HOME HEALTH Care Haven**. Situated in a quiet rural bushland setting in the foothills of the Border Ranges of ntn NSW. Featuring: healthy lifestyle education, nutritional instruction, food preparation, vegan dishes, raw juice cleanse & detoxification programme, colonic therapy, steam baths, ensuite bedrooms, comfortable accommodation. The Retreat, GREVILLIA 2474. Ph: 066-364-275.

**GRAMPIANS CABIN & terradome or campsites**, in secluded 40 ac natural bushland & lakes, adjacent to nat pk. Bushwalking, swimming, canoeing, birdwatching, bbq's, camp oven, children's playground, bush tennis etc. For brochure call Emu Holiday Park, 053-836-304.

## COURSES

**STUDY AT HOME BY correspondence**. Earn professional diploma and certificate qualifications for career & family use. Select your free brochure from: aromatherapy, traditional folk medicine, vitamins & nutrition, psychic healing, personal psychic development, safety & security counselling, Wicca. 1992 new course, 'The Green Vet' (certif course - domestic & farm animals). Wiccan Home Studies (est 1970), PO Box 138, SURRY HILLS 2010. Ph: 02-319-6166 BH.

**PERMACULTURE DESIGN** certificate course. Far south coast NSW. Specific to cool temperate systems, strategies & species. A 2 week residential course, 14-28 Nov. Tutors Hugh Gravestine, Andrew Sheridan, Vries Gravestine. Register as soon as possible as numbers are limited. Enq H. Gravestine, C/- PO, WYNDHAM 2550. Ph: 064-942-014.

**HERBAL MEDICINE**. The School of Herbal Medicine, estab in Australia in 1985, offers a 1 year home study course. For details write to PO Box 5310, TOOWOOMBA 4350.

**YOGA**, beginners integral correspondence course, books, cassette tapes. Write to Arya Bhakta School of Yoga, PO Box 283, WANNEROO 6065.

**ORGANIC GARDENING WORKSHOP**, whole day practical course \$45, includes lunch & farm tour, notes & seedlings to take home. Within 1 hr drive of Sydney. Self-Sufficiency Skills at Murrindindi Organic Farm. Ph: 046-545-237.

**PERMACULTURE DESIGN COURSES** for temperate regions. Chiltern, NE Vic. Due to overwhelming interest a new course is being planned for 1992. 27th Sept-11th Oct. Tutors: Vries & Hugh Gravestine. Learn from those who have done it, on a PC demonstration property. Contact V Gravestine, RMB 1130, CHILTERN 3683. Ph: 057-261-596.

**PRIMAL THERAPY** at The Primal Place, 44 Curnow St, Golden Square, BENDIGO 3555. Ph: 054-413-683.

# GRASSIFIEDS

## COURSES

**PERMACULTURE DESIGN COURSE.** Nimbun, Oct 10-24. Teachers Jude & Michel Fanton & Alanna Moore. Specific to subtropical. \$350. Several levels of accom avail. Enq: Janelle Schafer. Ph: 066-891-691.

## FOOD AND KITCHEN

**BREAD MAKING KITS.** Bread tins, yeast, organic grain or flour, easy no-kneading recipes. Details PO Box 6189, TOOWOOMBA WEST 4350.

**ADVANCED LIFE FOODS.** Whey based foods. Details from PO Box 6189, TOOWOOMBA WEST 4350.

**HAND APPLIANCES** for remote situations. Rolled oats crusher, juicer, flour mill etc. PO Box 6189, TOOWOOMBA WEST 4350.

**NONELECTRIC VACOLA** preserving outfit, 40 assorted bottles, book, good cond. \$130 incl freight. Ph: 076-308-046.

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**COMPANION PLANTING CHART.** Over 90 vegetables, herbs & fruits, incl plants as insect repellants. **SOW WHEN CHART.** Suggested sowing times for 100 vegetables, herbs & flowers. Mail order \$5 each + \$2.50 p&p (up to 5 copies). Plum Products (G), RMB 2907, BRUTHEN 3885.

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## PUBLICATIONS

**'AUSTRALASIAN HEALTH & HEALING'.** Journal of alternative medicine. Australia's major health care quarterly, emphasising self healing & prevention of illness through measures which raise body defences. Sold at most newsagents & health shops, \$4.95 each & by subscription, \$19.80 or \$26.30 with Health & Healing Newsletter per 4 issues (1 yr), \$38 or \$50 with Health & Healing Newsletter per 8 issues (2 yrs). Write: Australasian Health & Healing, 29 Terrace St, KINGSCLIFF 2487.

## PUBLICATIONS

'A STEINER HIGH SCHOOL?' A teacher/parent manual by Alan Whitehead. Includes curriculum overview. Send \$10 to Golden Beetle Books, Box 481, MULLUMBIMBY 2482 or write for titles list.

'THE AUSTRALIAN WORD'. A resource manual by Alan Whitehead for teachers of English & anyone who loves language; its body, soul & spirit. Send \$10 to Golden Beetle Books, Box 481, MULLUMBIMBY 2482 or write for titles list.

'LIVING WITH WILDLIFE' by Eva Murray. The author gives sound advice on how to deal with over 50 species of animals common to urban Australia, how to care for injured & orphaned animals, human first aid & more. \$19.95 + \$2 p&p. *Safer Pest Control for Australian Homes & Gardens* by Paul Rogers, one of Australia's foremost authorities on the adverse effects of pesticides on human health & the environment. It describes the proven & potential hazards from the indiscriminate use of pesticides in the urban environment. \$9.95 + \$1.10 p&p. Orders & enq: The Complete Animal Bookshop, PO Box 82 CASTLE HILL 2154. Ph/fax: 02-899-5827. 'If it's in print & you want it, we'll try our best to find it'.

'FOCUS ON HERBS', quarterly herb magazine covering herbal medicine, ethnobotany, research, craft, cookery, cultivation, folklore & more. Specialist writers from Australia & o/seas. Cost \$16 pa. Focus on Herbs, PO Box 203, LAUNCESTON 7250.

'THE STOCK SADDLE', a how-to-do-it book on making, repairing & counterlining your stock saddle, by Ron Edwards. \$15 posted from Night Owl Publishers, PO Box 242, EUROA 3666.

'TEXTILE FIBRE FORUM' covers all the textile arts in the Australian region & includes NZ, + an international component. It is a high quality, 62 page colour magazine. Subscribe for \$17 pa for 3 issues (write to TAFTA, PO Box 192, MITTAGONG 2575). A 2 yr subscription is \$33. For sample issue send \$5. make cheques payable to TAFTA. A truly exciting publication!

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## GRASSIFIEDS

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'THE INDIAN TIPI', imported USA. Practical manual on making a tipi. Plans, instructions, fabrics, stitching, poles, ceremonial decorations. For details send long SAE to PO Box 1742, INNISFAIR 4860.

OXYGEN THERAPY. For an introduction to this subject & info about the vital role of oxygen in relation to the state of a person's health, send for your copy of *Oxygen (Vitamin O), The Spark of Life*. This info has largely been ignored by the medical industry, in spite of testimonial evidence of its effectiveness in treating diseases such as AIDS, cancer, arthritis, candida & herpes. \$5 + 95c p&p. For more info write to New Solutions, PO Box 1526, TOOWONG 4066.

'NZ POULTRY & GAME BIRD' magazine covers wide range of poultry, waterfowl, cage birds, pigeons, conservation, breeding, nutrition, free range eggs, & many more in-depth articles. Subscriptions \$A33 airmail, samples \$A5 each. Personal Australian cheques accepted. For more info write NZ Poultry & Game Birds, PO Box 5070, NEW PLYMOUTH NZ.

'SEPTIC TANKS' *How to Install, Build & Maintain an Existing One*, easy-steps booklet. Don't desludge, treat the cause not the effect, \$15. H G Stephens, C/- PO Box 18, EAST MELB, VIC 3002. Ph: 03-510-3192, 066-49-2704.

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'THE PERMACULTURE EDGE' magazine for current info on applied permaculture world wide. Internationally subscribed & sourced: agriculture, economics, politics, sociology for the future. Subscribe now \$16, 4 issues. Permaculture Nambour, PO Box 650, NAMBOUR 4560.

'AUSTRALASIAN SURVIVOR', the magazine that prepares its readers for the fast coming hard times. \$2 for sample. PO Box 39, BARKER CENTRE ACT 2603.

BOOKS, HORTICULTURE, gardening, native plants, mail order, lge selection. Send for free catalogue. Goondooloo Book Service, PO Box 288, GATTON 4343. Ph: STD free 008-073-103 any time.

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'ALTERNATIVE PLANS & PRODUCTS', 4th ed - 1992. Comprehensive listing of books, booklets, plans & info-pacs, covering alternative power generation, ethyl alcohol production, wind power, gas generation, solar stills, house plans & bio-spheres, 12V workshop set-up, appliance conversion, batteries - special types & their construction. Mini work vehicle constructions plans, growing plants for profit (business at home set-up), solar powered water pumps, water purification & more. For a detailed catalogue please send \$4 with a long SAE. Alternative Plans & Products, 23 Glenore St, MITCHELTON 4053.

DONKEY SOCIETY OF AUSTRALIA. For info on magazine subscription, publications, books & the care of donkeys, contact DSA, C/- Mrs Margaret Smith, PO Box 128, KENILWORTH 4574.

## CONTACTS

*If you do not wish your address to be published, you may prefer to have replies sent C/- PO Box 242, Euroa 3666 (our address) and we'll forward them (unopened) to you. There is a nominal charge of \$5 for this service, so please add this to the amount when calculating the cost of your advertisement.*

### NSW

I'M LOOKING FOR MY LADY, to share my house, my music & my life with. I live on a M/O 12 km NW of Nimbin. She could be 36-45, I don't mind your children (accom is limited), slim, maybe long hair, musically inclined, maybe a singer, n/s, n/drugs, s/d, loving, green fingers, simple living (not necessarily in this order). Ph: 066-897-394.

# GRASSIFIEDS

## CONTACTS

### NSW

IF YOU ENJOY BOATING, beach & bush walks, heavy classical music, dabble in art, creative photography or gardening, have no hang-ups about men, are between 35-45, slim & very feminine with an inner & outer beauty, definitely a n/s, enjoy an occasional wine with meals & have often wondered where paradise is situated, if you live within a 3 hr drive of Pt Stephens, then we should meet. I am 49-35 enjoying a peaceful but lonely existence. Reply with photo to Neville, C/- PO Box 242, EUROA 3666.

MALE, 32, HOMELY type, sensual, fair complexion, strong build, 5'10, seeks passionate, companionable partner for this educated country guy. I'm interested in sport, music, farming, fun weekends away, camping, fitness, New Age, friendships. I'm understanding, sensitive & seek an attractive, slim, homely girl for perm r/ship. Simon Howe, 'Retreat', MS 4, DUBBO 2830.

28 YO MAN SEEKS AGELESS, timeless woman for mateship & good times around Newcastle or your area, hopefully will click & permanently extend the good times. I enjoy fishing, out & indoor activities, travelling & cooking. I'm interested in your interests & you. Please write Marty, PO Box 31, BEECHWOOD 2446.

MALE, 41, SICK OF CITY life, 6', fair, 74 kg, straight, healthy, willing worker with 2 daughters, 7 & 10 yo. We are looking for a country style lady. We like horses, nature, fun, reading, animals, bike riding, gardening, home life, cooking, sport, & more. Write to Winkes, PO Box 399, HAMILTON 2303.

MAN IN FIFTIES, 5'11, semi-retired, scientist, generally well-endowed & amicable, masculine, practical, stable, fit, forward looking, n/s, anti-drug. Like classical music, native flora & fauna, the arts, talking & writing about life, socialising or relaxing with a glass of wine. Also plays golf, builds, computes, & cooks with microwave. Would like to share a casual, secure lifestyle on lovely, bushy sth coast property, with nature-orientated woman of very good character & appearance, 45-52. Someone who wants to enjoy our environment & help try to save what is left. Please write to Ralph, PO Box 173, BATEMANS BAY 2536.

LEO MALE, 40 (looks 35), 73 kg, 5'8, good looks, finan indep, loving, kind, generous, clean type. Second yr nurse (Wagga uni), own new cottage NSW sth coast, enjoy country life, farms, dawn walks, beach, UFO's, dining out, medit, yoga, massage, guitar, movies, reading, cuddles. New Age thinker, n/s, n/d, veg, dislike rad fems. Seek lady 20-42, fuller figure, loving, single/div, 1 child OK, astrologically compat eg. fire/air sign. Bohemian lady or nurse or training to work p/t in country. Should believe old-fashioned trust, love, work hard, lasting partnership. If you have transport, live within 3 hrs drive Ulladulla, please write with photo ASAP for quick reply. Shane, PO Box 609, ULLADULLA 2539.

### ANSWERING AN AD?

*Please put each letter in a separate, stamped envelope addressed C/- GR. We will re-address and forward it.*

SYMBIOTIC SUBSISTENCE (frugivory) enthusiast, bachelor, 39. Lifeplan is to grow 1000's tropical fruits, study wildlife, ecology. Very keen to marry. Will not refuse proposal from single, youthful environmentalist/pacifist or transcendentalist who also wants to live in ecological conditions. But, I have noticeable skin graft deformity on face. If compatible write: Mark, Box 86, DUNEDOO 2844.

ARE YOU A PERSON with a philosophical passion rather than an avaricious consumer? Well read & surpassed the genre of purely romantic fiction? An interest in permaculture or other sustainable system, especially pertaining to human development and in communities where people care for one another? Perhaps an interest in music, creative writing, organic gardening or natural therapies? I am a 40 yo gentleman looking to meet a lady with similar ideals & am willing to correspond. Just friendship would also be welcome. John, 14 Abigail St, SEVEN HILLS 2147.

FAIR COMPLEXION, slim, healthy, capable, versatile, 5'10, 30s, vegetarian, n/s, n/d, feminist male. Materially free, longish hair, bearded. Eager to apply my life in the most constructive, fulfilling way. Envisage aware feminine, humanitarian, vegetarian lady partner with similar aspirations. Children OK. Any nationality. Compassion, spiritual maturity, land, travel, a warriors path, my directions. Much more. Divided we fall, collective we flourish. K Sutherland, C/- GPO, Post Restante, SYDNEY 2000.

ADVENTUROUS MAN SEEKS A LADY for ongoing r/ship. Are you 20-30, slim, n/s, good with horses, enjoy gardening, music, books, good food, good wine, good company? Would you like to share my lifestyle on lge acreage, NE NSW? I am self-employed, no mortgage, spontaneous, great cook, intelligent, not too hard on the eyes, & ready to make room for the right lady. Write to Trevor, PO Box 707, LISMORE 2480.

IS THERE A SINGLE LADY willing to give a sincere r/ship a go? I am 40 yo, 5'10, a fit 75 kg, still handsome. Looking for slim, 35-40 yo to correspond with, with a view of a perm r/ship. I am a keen fisherman & bushman & love the outdoors. Wayne (GR 91), PO Box 242, EUROA 3666.

LONELY MALE, non-Aussie, seeks lady 40-60s, any nationality, shape or size. Alien (GR 91), C/- PO Box 242, EUROA 3666.

DESPERATELY SEEKING EVE. Paradise to share in caring, alternative community, Northern Rivers. Adam, 35, gentle, open minded, affectionate, Aries, 5'9, slim, social smoker, seeks visits & friendship, view to life partnership with aware, loving GR lady to 35, kids OK. Find Eden, Tempt me. Adam (GR 91), C/- PO Box 242, EUROA 3666.

YOUNG 40 YO, single lady, Sydney (but would move), 5', 47 kg, enjoys dining out, movies, theatre etc. Wishes to correspond with (meet later) sincere male, slim to med build, n/s, good sense of humour. Must love animals. All genuine letters answered. Sue B (GR 91), C/- PO Box 242, EUROA 3666.

FEMALE, EARLY 30s, n/s, s/d, honest, healthy, capable, down-to-earth. Interests animals, country lifestyle, music, outdoor activities. Seeks male 30-40 yrs for friendship, possible perm r/ship. Reply to Leigh (GR 91), C/- PO Box 242, EUROA 3666.

I AM LOOKING FOR A GENUINE, honest, warm-hearted lady who is looking for future happiness, companionship for years to come, which I can give. I'm very active, versatile, n/s, n/d, just retired, English gentleman, love country lifestyle, horses, animals, will have capital when property sold. KW (GR 91), C/- PO Box 242, EUROA 3666.

LADY, 40 YO, ARIES, 5'4, med build, reasonably attractive, sense of humour, homebody, not club or pub type, enjoys country life & self-sufficient lifestyle, romantic, enjoy honest simple things in life. Write Jenny (GR 91), C/- PO Box 242, EUROA 3666.

37 YO, CAPRICORN FEMALE, seeks mate, 8 yo boy seeks fatherly friend. We are great on our own, but would shine with the right man in our lives. I love friends, beach, bush, music & truth. Have own place nth NSW, but can relocate. Greenie (GR 91), C/- PO Box 242, EUROA 3666.

FEMALE WANTED TO LIVE on country property, must have good personality & like the country life, furniture maker would be an advantage, no kids. DJ (GR 91), C/- PO Box 242, EUROA 3666.

LOOKING FOR SINCERE GUY between 25 & 35 yo to understand & relate to my children & myself. Interested in fun & loving. Genuine correspondents only need write. Carron (GR 91), C/- PO Box 242, EUROA 3666.

HELP! TRAPPED in Sydney. 46 yo man, in good condition, no ties, own successful publishing business, needs to escape to the bush, mtn country preferred. I want to combine a GR lifestyle with computerised publishing in environmental & literary fields, these are the days of lasers in the jungle, and I don't want to do it on my own. Seeking a warm, friendly, educated woman, hopefully with a property, in need of money for improvement & a gentle, competent, unaggressive man about the place. I'm loyal, hard-working, resourceful, tolerant, good in the kitchen & the garden, a reasonable carpenter, an expert brewer, but I need training in the ways of the bush. Dig spuds or make mud bricks in the mornings, produce magazines in the afternoons & share books, music, intellects & everything else in the evenings. A confirmed sceptic, I'm not religious or vehemently political, but I do respect the opinions of others. Like everyone else, I need companionship, love & the opportunity to make life better for someone. All letters answered. BP (GR 91), C/- PO Box 242, EUROA 3666.



# GRASSIFIEDS

## QLD

**ARTIST/PAINTER**, 50 yo, former teacher, wishes to contact lady with similar interests. Financially independent, vegetarian, n/d, n/s, country living. Mornings - gardening, afternoon - painting, drawing, some writing. Location: Gold Coast Hinterland. Write to Leon, Lot 2, Stanfield Rd, COULSON, BOONAH 4310.

**SINCERE, LONELY FARMER**, self-employed, 46, 5'7, 10½-11 st, solid, quiet nature, spiritual. Interests are fishing, gardening, prospecting, classical music. Seeks interested woman to work together for secure future & happiness. Wayne, Box 77, ORKABIE, VIA MACKAY 4741. Ph: 079-502-287.

**ENGLISHMAN**. Further to non-response ad in GR 90, I'm searching for someone to share with, care for & love, for a happy, companionship-filled life. Special lady, please write. Alan Rainford, MS 98, LARAVALE 4285.

**MAN**, 43 YO, would like to share property, with lady 35-45 who enjoys fresh air, peace, quiet, the land, mtns, veg growing, self-suff, sincere. Please write VG (GR 91), C/- PO Box 242, EUROA 3666.

**SE QLD MALE**, 51, 6'2, blue eyed, dark hair, sharp wit, facetious, likes jazz, old rock, dancing, plays guitar, drives clapped out HiAce, collects dole. Looking for good sort, rich (preferably), somewhere to hang hat. Must have sense of humour. Am handyman, hort certif. Previous applicants need not apply. Terry (GR 91), C/- PO Box 242, EUROA 3666.

**RESPECTABLE, GENUINE**, honest, caring gentleman from the land, 47 yrs, young & active, n/s, light s/d, 180 cm tall, solid build, romantic, affectionate, quiet, placid nature, financially secured income, enjoys all outdoor activities, fishing, boating, beach, surf, organic gardening, home life, all general pastimes. Wishes to meet compatible lady with a positive attitude with inner qualities for perm r/ship with view to marriage. Please reply with photo & ph no if possible to Taurean James (GR 91), C/- PO Box 242, EUROA 3666.

**CAIRNS BASED MALE**, 35 yo, wishes to meet female to the age of 45 yo, to share similar interests based on outings, home life etc. Write to SL (GR91), C/- PO Box 242, EUROA 3666.

**MALE**, 46 YO, 4 yo daughter, rural life to share with n/s, n/d lady, child welcome. Please reply to Ross (GR 91), C/- PO Box 242, EUROA 3666.

**SLIM GUY**, 29, believes in communication, consideration, honesty, seeks female with whom to find sanctuary in a decaying world. Looks/nationality not important. Please contact Peter C (GR 91), C/- PO Box 242, EUROA 3666.

**FROM SEVENTH-DAY SABBATH** keeper lady, please be patient with me. I will reply to previous replies, sorry. Would like to continue corresponding with isolated Seventh-Day sabbath keepers. Please write Christian (GR 91), C/- PO Box 242, EUROA 3666.

## ANSWERING AN AD?

*Please put each letter in a separate, stamped envelope addressed C/- GR. We will re-address and forward it.*

**IS THERE A PETITE**, natural young lady with very long hair out there somewhere, who is 22-26, mysterious, thoughtful, down-to-earth, artistic, responsible, who loves listening to early 60's & 70's music & also wishes to share a close perm friendship/r/ship, a magic for love, life & conversation with a young man who is 24 yo, fit, attractive, 5'9, with long dark blonde hair, who is intimate, sensitive, artistic & deeply loves playing & listening to varied music & also enjoys nature, bushwalking, beaches? I hope to share a special dream which I must fulfill & need a soul mate who will endure & share loving support & encouragement. If you are that mystery lady then please write to Matthew B (GR 91), C/- PO Box 242, EUROA 3666. Please genuine replies only. Photo appreciated.

**LOOKING FOR SINGLE MUM** willing to relocate & live an alternative lifestyle. This lifestyle will enhance your child's future. Your relocation? Nth Qld. You will be residing near rainforest country, wildlife & streams. No pets. If interested write to Jock (GR 91), C/- PO Box 242, EUROA 3666.

**NEEDED, WOMAN OF** emotional substance, Gemini, Sagittarian, Libran, mid 40s-52, 5'7, to 9 stone, of many interests, enquiring mind, sense of humour, n/s, s/d, as mate, friend, partner, by Aquarian male, similar attributes living SE Qld. Please reply III (GR 91), PO Box 242, EUROA 3666.

**SCORPIO LADY**, 50 yo, slim, fit, healthy, sensitive, affectionate, intelligent, passionate. Loves nature, hugs, laughing, bushwalking, poetry, animals, beards, massage, travel, puns. Seeks similar soul mate, n/s, s/d, to 55, to share life's adventure in honest, caring, supportive r/ship. HL (GR 91), PO Box 242, EUROA 3666.

**LOVING MARRIED HETERO COUPLE**, late 30s with family, Bundaberg. Interests: rock, blues, classical, bbqs, conversation over drinks, gardening, environment, trying to keep fit (bicycling, bushwalks, therapeutic touch etc). Seek non-macho sensitive couple similar family commitments for above activities, friendship. No pressure, correspond a while first. Photo invited. D & B (GR 91), C/- PO Box 242, EUROA 3666.

**WARM, AFFECTIONATE**, Christian lady, 53, would like to hear from a loving, intelligent, born-again Christian gentleman to 62. Please write Dee (GR 91), C/- PO Box 242, EUROA 3666.

## VIC

**TAURUS MALE**, 53, n/s, n/d, enjoys reading, writing, talking, listening, laughing, walking, good music & film. Secure, no hang-ups but not perfect. Seeking the friendship of imperfect but aware, warm & genuine lady. Peter (GR 91), C/- PO Box 242, EUROA 3666.

**MALE**, 55 YO, disillusioned engineer, now local tip merchant, amateur inventor, songwriter, whose interests include craftwork, bush shacks, electric vehicles, any good theories, wishes to correspond with slim 40 yo (or thereabouts) lady with self-sufficiency plans for the future. Write Tippetty, PO Box 181, RUSHWORTH 3612.

**I'M 43, FAIR, BLUE EYES**, 5'9, n/s, s/d, seeking a compatible lady to 44 to share a loving, intimate r/ship (no penfriends please!). I'm a quiet man, sole father of a lovely son (6), into home & country life. Sharing a warm fireside on cold winter nights, playing my lute, classical music, making instruments, astronomy, astrology, natural medicine, gardening. That's really life for me. Write to Michael, PO Box 716, CASTLEMAINE 3450.

**AS YOU LIKE IT**. Singles social group (non-profit), n/s, city & bush. Various activities - bbqs bushwalks, dine-outs, trivial pursuits. Make new friends. Monthly newsletter \$1. AYLI, Box 214, HEALESVILLE 3777. Ph: Ian 059-622-329.

**AUST MALE, BAYSIDE AREA**, Melbourne. Fit & healthy 38 yo, blonde hair & beard, 5'8, 68 kg. Enjoys 4-wheel driving, camping, canoeing & travelling. Building home at Paradise Beach. Ambition to meet honest & caring lady to share my life with. All replies answered. Please write to Dexter. 31 Matthieson St, HIGGETT 3190.

**MADE MANY NICE CONTACTS** through GR 89, but unfortunately did not meet this slim adventurous lady I would like to share my life with. So here I try again. Intelligent, good-natured, caring, 47 yo male, 180 cm tall, 82 kg would like to share his home in East Gippsland with a caring, honest & fun loving lady who enjoys a down-to-earth lifestyle, 1 or 2 children OK. Ph: 051-575-426 AH.

**I'M JOY, IN LATE FORTIES**, on my own, caring for aged relative, quiet, old-fashioned, interested in GR subjects, don't smoke/drink or practise anything unusual, respect ideas/beliefs different from own, enjoy sharing thoughts about life etc. Want to get to know new friends by letter for a while before meeting, on limited budget financially/emotionally. Hope this is enough. Please write Forjoy (GR 91), C/- PO Box 242, EUROA 3666.

**MALE**, 39, FIT, HEALTHY, good-looking. I would like to meet a fair dinkum Aussie, brunette sheila, who would like to share life with me in building new mud brick home on 2 ac bush block from where I run my established landscape & excavation business, Melbourne based. 'You can take the boy out of the country, but you can't take the country out of the boy!' Please reply Jack (GR 91), C/- PO Box 242, EUROA 3666.

**MALE**, 53, FIT, active, lonely, n/s, s/d. Interests include the bush, self-sufficiency, organic growing, reading, building (experienced), music, self-employed, secure. Desires to correspond with female with similar interests, view to meeting & sharing life together. Write to CW (GR 91), C/- PO Box 242, EUROA 3666.

## CONTACTS

### VIC

HI! I'M A 26 YO MAN, based in Melbourne, but with a passion for the outdoors, travel, keeping fit, meeting people & romance. If you're a lady between 18-35 who also craves fun, adventure, friendship & love then don't be shy, please write to Paul R (GR 91), C/-PO Box 242, EUROA 3666.

HI! I'M AN EASY-GOING Libran, 5'6, who works professionally, likes cycling, camping, restaurants, travel & more, & would love to share loving friendship/r/ship with lady 25-35. I'm 35 yo. Kids OK. AD (GR 91), C/-PO Box 242, EUROA 3666.

### TAS

TRAVELLING THE WORLD, July '92, looking to stay with families or singles to learn other cultures & customs worldwide. Female, 40s, love being a part of this beautiful planet & everything it has to offer. Currently living on 16 acres in mud brick house, make leadlight windows, restore old furniture, have stalls at markets, grow vegies. Would love to hear from you. Write Anne (GR 91), C/- PO Box 242, EUROA 3666.

SOMEWHERE THERE IS A STRONG, reliable, warm, loving man who is a well-adjusted person, a realist, sure that he wants a r/ship. If you feel this is you, & you are reasonably educated, a n/s, gentle, good with children, a romantic, interested in animals & country living, & have a sense of humour, it would be nice to hear from you. I'm 46, 5'5, slim, dark haired, quite presentable, educated, a hopeless romantic but practical, love animals, country life, books, music, politics, history, old houses, conversations, wine, rain on the roof, sunsets, laughter. Let's talk. Sue, PO Box 100, LILYDALE TAS 7268.

### SA

TALL CAPRICORN MALE, n/d, quality gentleman, a young 53, many natural interests, esoteric nature, intelligent, vegetarian, alone, seeking slim lady soul mate, 30-40. Possible r/ship. Anton (GR 91), C/- PO Box 242, EUROA 3666.

## GRASSIFIEDS

MALE 63, n/s, n/d, 5'10, 72 kg, own property mid SE. Retired, divorced, Cancerian. Interests: tourist, gold prospecting, caravanning, beach detecting, club outings, naturism, current affairs, fishing, n/sports, n/religious, romantic, music - C/W. Seeks country girl, 45-50s, soul mate, togetherness. Bag 57, NARACOOORTE 5271.

BOY, MID FIFTIES, lives in unit & works in factory in Adelaide western suburbs during week, GR pursuits on small acreage in Adelaide Hills at weekends. May be somewhat immature but not regarding choice of electronic media programmes, n/s. Would like casual or perm companionship with GR orientated girl, ideally with 'do as you would be done by' morals. Write to Don, PO Box 95, LONGWOOD 5153.

INDEPENDENT 25 YO STUDENT/professional woman seeks male companion to 35 for socialising. Prefer man interested in camping, music, intelligent conversation. Must be sensitive & slightly wild. Send picture & letter, Sue (GR 91), C/- PO Box 242, EUROA 3666.

NICE LOOKING WOMAN, 41 yo, 5'7, slim, divorced, no children, n/s, light/d, enjoys music, gardening, reading, radio, some TV, animals, travelling, cooking, art, conversation. Seeks a caring companion 35-70 yo. Happy to relocate. Write Michelle (GR 91), C/- PO Box 242, EUROA 3666.

### OTHER

HELLO AUSTRALIA! My name is Gail. I'm 24 yo, single & recently finished my dentistry course & waiting for the board exams result. I would like to make friends with anyone through penpal writing within Australia. All letters will be answered. Please write to Gail Tabanao, 24-B-Tambis Ungello St, Cebu City, PHILIPPINES 6000.

ASTROLINKE ASTROLOGY Assisted Introduction Service invites you to create your life as you want it & share it with your most compatible partner. Ph: 018-665-605 for brochure. Free Listing.

ENGLISHMAN WHO WORKS FOR *Smallholder* and *Organic Gardening* magazines, wishes to correspond with gay men or women who are interested in animals & country life in general. I have horses, Irish wolfhound, standard wire-haired Dachsunds, a few pigs, goats, chickens etc. All letters answered. Nick Austynne, The Old Bowling Green, Stoke Ferry, Kings Lynn, PE33 9SF, ENGLAND. LANILYN SUMBILLA, single, 23 yo, secretary, intelligent, hard working, seeking penfriend, view to marriage, age between 23-35, responsible & affectionate person. Write to Lanilyn Sumbilla, 1276 Crisostomo St, Dapitan Sampiloc, Manila, PHILIPPINES. More details ph NSW 068-921-206.

## LATE GRASSIFIEDS

FOR SALE, VIC. QUIET, PEACEFUL 20 ac block, central to Alexandra, Yea & Euroa, close to snowfields, Lake Eildon. Power, permanent creek, tree ferns, wildlife, permit to build. \$65,000 ONO. Ph: 057-904-258.

FOR SALE, VIC. EUROA, 160 km NE of Melbourne. 3 x 5 acre blocks, 1 km township. Frontage to Seven Creeks, sealed road, power available. Superb alluvial soil - grow anything. Ideal opportunity for rural smallholding lifestyle with the advantage of easy accessibility to all amenities. Priced to sell: \$55,000-\$60,000 each block. Ph owner, 057-952-393 BH, 057-903-253 AH.

FOR SALE, QLD. HOME & supplementary income! National park & state forest views a bonus with this retail nursery & attractively renovated home in a delightful SE Qld country town. \$95,000 ONO. Please contact Amanda on 071-271-242, 071-271-206 AII.

WANTED, 15-30 ACRES of land in the Coffs Harbour area. Please ph: 06-288-3550.

FOR SALE. LEATHER WORKERS full size templates. 2 shoulder bag, 1 cigarette case, 2 lighter holders, 2 tobacco pouches, 1 clutch purse. \$20 incl p&p. Bonus of 6 templates for first 100 orders. For more info write to: D. Povah, Box 81, RAINBOW BEACH 4581.

Please refer to page 70 for details on how to advertise.

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# Feedback Link-Up Feedback

## Hi GR Readers,

After many years we are nearly into our house. We still have a long way to go and a lot of hard work. We have 150 acres of which 20 acres is lawn and house area, the rest rainforest. Recently we had to decide between the dog and the native animals; the dog lost. After many tears the deed is done. In GR 85, a reader asked for a deterrent for ticks. There is none that I know of except daily removing them.

I now need some help. We are hopefully planning on using our tank water to do everything including washing the clothes. We wanted a TWIN TUB WASHING MACHINE. The question is, how do we run it? No electricity, no solar power, uphill water, no trundle, and a generator is too smelly and noisy and expensive. Does anyone know how we could run the machine from alternative devices eg. pushbike? Please help. We have a 2½ month old daughter (lots of nappies).

**J Cardilini**  
Byrril Creek, via UKI 2484.

## Dear Grass Roots Readers,

Firstly, thanks to Sian Landman-Leroux for your article which has inspired me to pursue FOLK ART. I'm practising but think I'll need a few lessons to help me along. Deborah Knean has written two lovely books based on Australian wildflowers and animals for those interested.

After many years of searching for 'the right place' to raise our family, we (Karen 36, Neil 35, Andrew 5, Claire 4) are very keen on the BOMBALA area. We like its friendly town, affordable prices and cooler climate. If there's anyone who can tell us more about the area, we'd be grateful to hear. We need to know more about the climate, work availability, crops, community markets etc. Neil has run our rural fencing business for 7 years and is also very mechanically handy, able to work on all types of engines from motor bikes to diesel trucks.

Our house is on the market with no buyers yet and we'd be interested in caretaking or farm work (or office work for me) that may be available to give us the impetus to move either before or after our house sells. Ultimately we want to buy acreage with or without a house and are impatient for open spaces and clean air.

**Karen Lumley**  
3 Buckridge St, PITT TOWN 2756.

## Hello,

The recent letters about IMMUNISING your child have prompted me to write. I have one child, one on the way and plan to have several more and they will all be fully immunised. I didn't really get any arguments against immunisation from any of the letters that I read, but from talking to people they seem to fall into two categories.

One thing people say is that the risk of a serious reaction or complication from the immunisation is now greater than the risk of the child contracting the disease. This may well be true, however, it is only because almost everyone is immunised. If people began to stop the immunisation programmes then the risk of contracting the disease would rise again, and all the benefits we have achieved would be lost.

The other objection that people seem to have is that by immunising your child you are somehow artificially stimulating them, or unnaturally influencing them in some way. In fact what occurs following an immunisation is the same process as what happens when your child starts crawling and puts everything into the mouth, or when your child starts playgroup/preschool and seems to come down with every bug under the sun. The body is simply being exposed to different diseases and developing means to fight them. This type of training for the immune system in producing antibodies and fighting disease is essential for good health later in life. Incidentally, I am also opposed to strong cleaners and disinfectants which are used to keep a child's environment sterile - they do more harm than good. Immunising your child is just a way of completely ensuring that they come into contact with certain serious diseases and learn to fight them effectively.

If people have any objection to immunisation that I have not mentioned I would happily consider them. We all want to do the best for our children, and I believe I would be horribly negligent if I did not immunise them. However, we must also remember that our decision may affect other people as well. Children who are too young for a particular immunisation or who haven't finished their booster

shots are susceptible to these diseases as well as non-immunised children. One girl I saw on television was attending a playgroup before she was one year old, too young to have received the measles injection. An older girl who had not been immunised contracted measles, but only mildly. Her mother felt that her decision not to immunise had been vindicated as the older girl rapidly got over the disease. However, she had already passed it on to the younger child, who became seriously ill and now suffers permanent brain damage and will never recover.

On a lighter note, I am tremendously interested in HOME SCHOOLING my children. I have done a lot of thinking and have decided not to send them to school, but would love to hear other people's thoughts and experiences. Also has anyone had a go at tackling the authorities about this? I would love to be able to teach them at home without the necessity of following a specified course or submitting to regular testing. I need to know more about the legal system, especially in WA where I intend living.

**Eleanor Sparks**  
RMB 1520, KATUNGA 3640.

## Dear Megg and Readers,

Does anyone know of ground cover that will replace lawn? I would like to break the drudgery of mowing, whilst retaining aesthetics.

Also, would anyone like to exchange their city house/flat for mine for a one year period?

**Peter Taylor**  
10 Millicent Crt, EAGLE POINT 3878.

*Lippia nodiflora* is a pretty spreading ground cover, also try pennyroyal or chamomile.

## Dear GR Folk,

Re Sophie Fox (GR 88): *Dyemaking with Eucalypts* by Jean K Carman, published by Rigby, ISBN 0 7270 0648 7.

Re Mary Fairhurst and carpet cleaning (GR 88). Dog hair etc comes off well using the good old-fashioned treatment of spreading damp tea leaves, then sweeping them up. That's how we cleaned carpet before the advent of vacuum cleaners.

At last I have found a recipe for PUMPERNIKEL BREAD. Soak 500 gms rye meal (not rye flour) in 2 cups water for about an hour. Add ½ tsp salt and 1 tbsp molasses or treacle. Put paper on the bottom of a small tin (to help the loaf come out easily). The tin is not greased. Pack the rather crumbly mixture into the tin. Stand the tin on a trivet in 1.5 cm water, either a fry pan or baking dish. Simmer gently (in frypan or oven) for 2 hours. Allow to cool in the tin but not get completely cold. Loosen sides carefully and turn out. Remove paper and dab off any moisture. When cold slice thinly with a narrow bladed knife. Freezes well and keeps well in fridge.

**Maureen Barton**  
RMB 228, MANJIMUP 6258.

## Dear GR Readers,

Colin Franklin ('Browsing Through' GR 88) mentions carob as a good shade tree in the context of a question about fast growing trees. Carob (*Ceratonia siliqua*) is certainly a good shade tree, but it is not fast growing. I collected seeds from street trees in Perth in January 1982 and planted them in pots immediately. One seedling tree was planted for shade on the western side of my workshop later in 1982 and another elsewhere in the yard. Beside the carob (tree 1) outside the workshop I planted an *Acacia binervata* seedling in 1987. The acacia is now twice the height of the carob (and the workshop) in roughly half the time.

To obtain pods it is necessary to plant enough trees to ensure both female and male flowers are produced. Some trees bear male flowers only (e.g. my tree 1). Luckily tree 2 produces both male and female flowers, but did not flower at all until 9 years old. Most of the tiny pods were shed after the winter, but this should improve in the future. So patience is required for carobs, whether shade or pods are desired.

**David Murray**  
7 Acacia Ave, GWYNNEVILLE 2500.

*Growth rate of carobs, as with many trees, is often very variable according to your specific soil and microclimate. We have found carobs to be extremely slow growing, but I know a neighbour, about a kilometre away as the crow flies, has just the opposite experience. You are best to ask close neighbours with similar growing conditions for advice about what to grow.*



# gumnut gossip

by Megg Miller



Often on this page I've alluded to the advantages associated with working from a rural location and as you know there are many. Just occasionally though the disadvantages become apparent, like recently when the tank water tasted terrible due to possum remains, or in wintertime when it's necessary to traverse flooded roads to get to work. In rainy weather even a simple trip to the loo has us soaking wet and bemoaning the lack of civilised amenities. Last week we had cause to add another drawback to the list, the erratic nature of rural power supplies. Our local SEC chose the day before our first deadline to carry out routine maintenance work, leaving us in the dark most of the day and without access to our pagemaker system or computers. And to really add to the discontent, on another occasion the power unexpectedly went off in the Euroa district, where the girls all live, at 7.30 in the morning. Mary got caught with a near empty petrol tank and found herself stranded in town until one of the garages got a generator going to run the bowzers. Fortunately the office is situated in a different supply region and was unaffected so we were able to rush through the usual last minute corrections while the rest of the staff plied themselves with missed breakfast cuppas.

Just as we were putting the finishing touches to last issue Mary shocked us all by announcing she would like to take several months off to travel with hubby and kids to see some of inland Australia. She'd calculated we could survive without her presence if we worked well ahead and then posted off later material for her perusal. We rushed around like ants for several weeks accumulating piles of finished work then Mary announced a revision of plans – the big trip was off, several weeks in northern NSW would have to suffice. Resisting the desire to use tar and feather we waved her off and set about finding our sanity after weeks of chaos. She's back now feeling refreshed and with wonderful tales about tropical fruit literally dropping out of trees and visits to places like the Seed Savers Network in Byron Bay. Many of the towns Mary and family visited or drove through were places we receive mail from so it's been interesting hearing about them. Of course because we rushed through lots of work prior to her departure we're now ahead of schedule for next issue – a novel state for us!

We received a note recently from a reader commending us on *Living Better for Less*, but commenting that the book must be 'one of the best kept secrets around'. We haven't deliberately been keeping it in the dark, it's just that until now we haven't had the time to promote it. If you haven't seen a copy let me say that it's an ideal publication for thumbing through during the long evenings ahead, in fact there's so much in it that it may take all winter to finish! You won't be satisfied remaining an armchair reader either, the book contains so many interesting and useable hints you'll be itching to try some. Wholesome recipes, simple crafts, household cleaners and fresheners, garden advice, safe animal remedies and even a wide range of innovative solutions to recycling much of the junk/treasure that you've carefully hoarded for a rainy day. The idea for this book came out of our discontent with many of the 'green guides' currently available; we became tired out from being bombarded with lists of shoulds – should do this, should do that. *Living Better for Less* has reams of info on what you can do, much of it supplied by GR readers. It will keep you busy with enjoyable and absorbing projects, enable you to save money and the tangible results you achieve will boost your self esteem.

I have to apologise for the awful mess I made of this page in last issue's GR. When I pasted the type in I thought there was a clear division between my couple of paragraphs on the upper half of the page and excerpts from Gwen Clark's letter on the bottom half, but I was wrong. If you became totally confused when reading it, try again, as Gwen's letter is well worth the time involved in seeking out last issue. This time imagine there is a horizontal line drawn across the two columns exactly half way down the page, making the sections above and below it independent of each other. Phew, this is getting me confused; I think it might be simpler to get it right first time up.

A long time reader and contributor to the mag contacted us recently, expressing concern at some of the health advice that is appearing, especially in Feedback pages. Our reader felt most people dispensing advice didn't back up their claims in any way nor, it would appear, were they qualified in either orthodox or natural health fields. This raises some important issues. GR provides a forum for people to share experiences and knowledge but we do assume people with serious health problems will seek expert advice and not rely merely on amateur guidance. It would be pointless to exhort the value of professionals for every ache and pain we suffer; many of us have learnt the hard way that they don't have all the answers. Commonsense on this is recommended. Those dispensing advice on our pages often aren't formally qualified, but are responding to a plea for help and are motivated by sincerity, are well-meaning and are sharing something that has worked for them. *Grass Roots* has been built on these very characteristics and it would be a shame to see them curtailed. It would be helpful though if people mentioned their source of information, a particular book, local practitioner or whatever, then those seeking corroboration would have some foundations to work from.

This month one of the most important meetings this decade on the state of the environment will take place in Rio de Janeiro. To coincide with it a report has been released by the United Nations which tells us that 'despite some hard-won gains in pollution reduction in industrialised countries, the environment is worse now than 20 years ago'. The report makes sobering reading, concluding that by the year 2000, ozone layer depletion is expected to be between 5-10 percent during summer in temperate regions (increasing skin cancer by 26 percent) and that the effect of climatic changes could include a severe decline in agriculture, increased drought and a rise in sea levels. Soil erosion was found to be increasing, with more than 25 billion tonnes of topsoil lost yearly, while in cities nine hundred million people suffer exposure to unhealthy levels of sulphur dioxide in the air. The report comments on many other aspects of our troubled world including increasing malnutrition, widening of the gap between rich and poor, escalating population growth and the sad plight of children.

It will be interesting to see the coverage given to this important meeting by the media, whether it is deemed newsworthy enough for more than just a cursory mention. Having a garden or even balcony space for a few tubs, making bread (or jam or whatever) or trying your hand at patchwork or other crafts seems essential these days, not just for the money you may save or the healthy fare you produce, but to maintain a sense of perspective in a world that's greatly askew. We hope this issue of GR will bring enjoyment and inspiration and the awareness that there are many others who share your common concerns.

## Just Released **NATURAL HORSE CARE**

by Pat Coleby

In **Natural Horse Care**, Pat explains the important role of farm management, vitamins and minerals in the health of the horse and details practical and inexpensive ways of avoiding and curing health problems. Also included are suggestions for feed rations and management so common ailments are avoided.

Pat has written this book in response to the many requests she has received from the general public and those she has helped in professional and amateur circles. This inexpensive book costs less than one visit from a vet but the information in it will save the reader plenty. **Natural Horse Care** shows the trainer, breeder and enthusiast how to keep their animals in top health and avoid disease so better results can be achieved.

Price \$11.95 plus \$2 p&p

## **FARMING NATURALLY AND ORGANIC ANIMAL CARE**

by Pat Coleby

**Farming Naturally and Organic Animal Care** explains how to manage the farm and the livestock that live on it by first balancing the minerals in the soil. From this comes healthy fodder of high quality which produces healthy, disease-free livestock. The author then lists the different diseases appropriate to the farm stock with notes on how to cure them using vitamins, mineral and management.

**Farming Naturally and Organic Animal Care** is a practical book which will help create profits for the farmer, reduce costs for the stock-keeper and provide better health for Australian farm animals.

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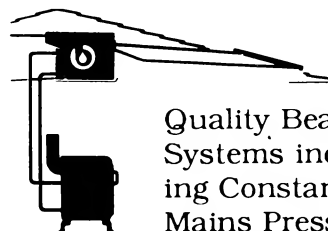
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